

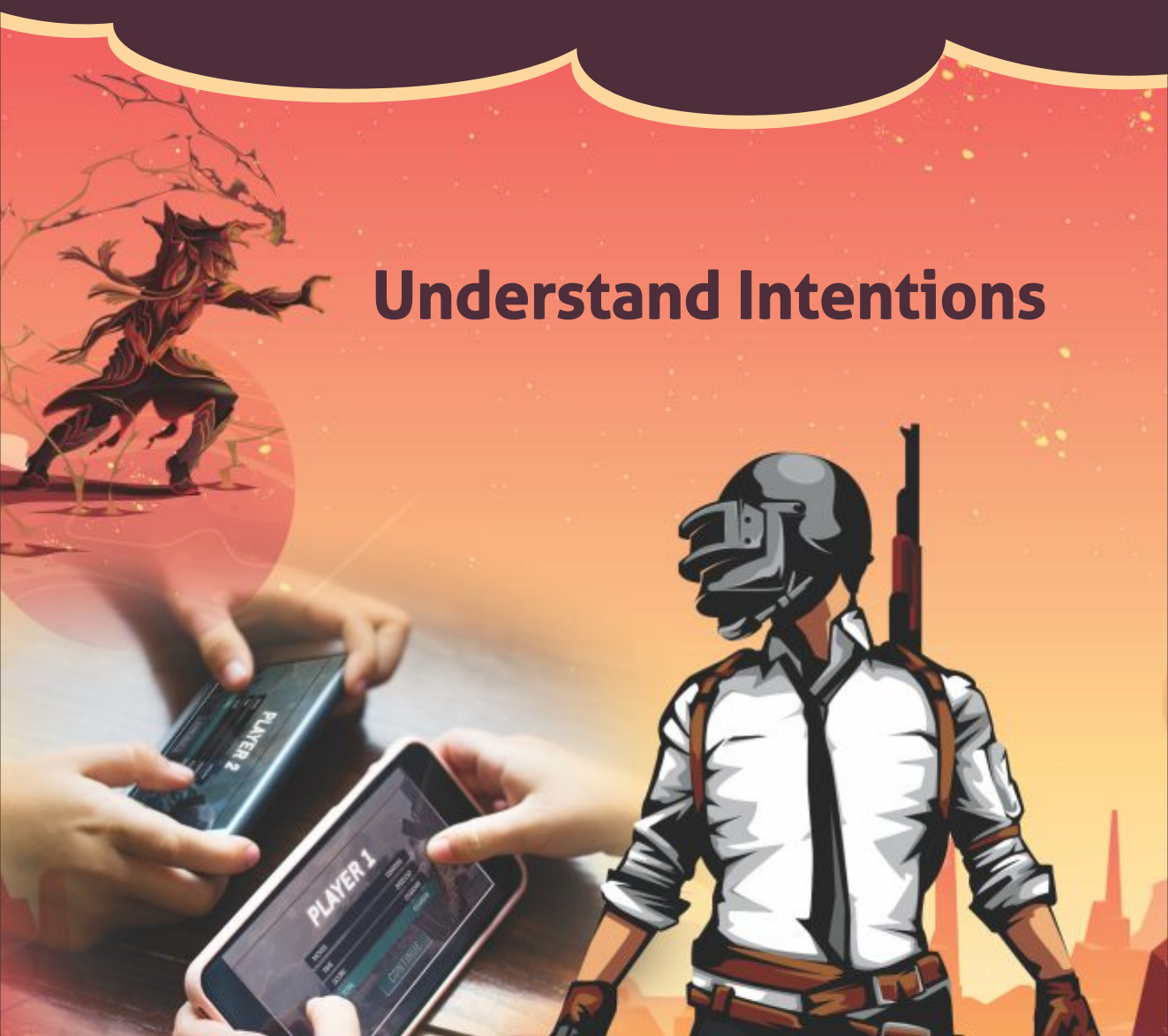
Akram Youth

November 2019 | English

Dada Bhagwan Parivar

Price per Copy - ₹ 20

Understand Intentions



The Augmented Reality



Magazine

For details, visit page 24

Table of Contents

4 Gnani with Youth	14 The Result of Inner Intent
6 Intention or Action	16 Akrampedia
7 The Effect of Inner Intent and Words	18 The Nine Kalams
8 Inner Intent...	20 A Glimpse of One of Dadashri's Books
10 Therefore, Never Spoil Your Inner Intent!	22 The Essence of All Scriptures
12 Through the Gnani's Scientific Vision	

Pg. 24 - November 2019.

Year: 7. Issue: 6.

Cont. Issue: 79.

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

Printer & Published by
Dimple Mehta on behalf of
Mahavideh Foundation
Simandhar City, Adalaj -
382421. Taluka & Dist - Gandhinagar

Owned by
Mahavideh Foundation
Simandhar City, Adalaj -
382421. Taluka & Dist - Gandhinagar

Published at
Mahavideh Foundation
Simandhar City, Adalaj -
382421. Taluka & Dist - Gandhinagar

Printed at : Amba Offset
B-99, GIDC, Sector-25,
Gandhinagar – 382025. Gujarat.
Total 24 Pages with Cover page

Subscription

Yearly Subscription

India :200 Rupees

USA: 15 Dollars

UK: 12 Pounds

5 Years Subscription

India : 800 Rupees

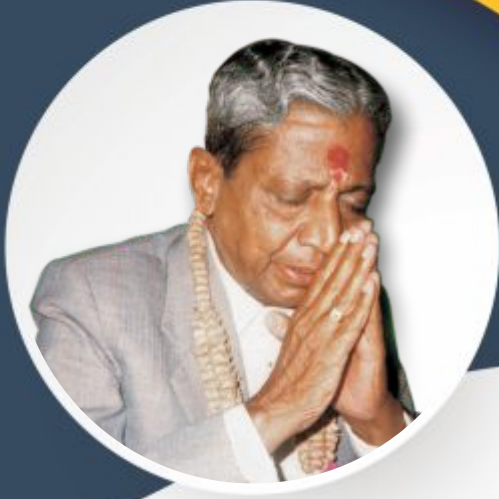
USA: 60 Dollars

UK: 50 Pounds

In India, D.D. / M.O. should be drawn
in favour of "Mahavideh Foundation"
payable at Ahmedabad.

© 2019, Dada Bhagwan Foundation.
All Rights Reserved

Editorial



Dear young friends,

I, you and every living being is yearning for happiness. No one wants sorrow. But, no one's happiness stays forever and this tradition of happiness and sorrow goes on perpetually. It is said that the happiness of this time cycle is a mere interval between two sorrows. Why is this? “The world is in the form of a well, in the form of an echo” is heard frequently in satsang and consequently, with a firm decision, we are careful not to spoil our inner intents towards anyone who comes in contact with us in daily interactions. But still, knowingly or unknowingly, our inner intents end up getting spoiled. As a result, the process of binding karma continues in our life.

Friends, in this edition, the Akram Scientist Param Pujya Dadashri has identified the inner intents behind every activity, remained aware of them and explained in detail how to make the spiritual effort of converting those inner intents from negative to positive. With the hope that this understanding proves to be useful to each of our reader friends...

Jai Sat Chit Anand

- Dimple Mehta



View this page
in AR App



Gnani with Youth

Questioner: What loss do we incur by playing the game PUBG? And when we kill someone while virtually playing a game (on TV/phone), what result will we get in this life or the next life?

Pujyashree: Yes. And if you have to kill ten people, but you have only killed nine, then do you feel, 'Now I will kill the tenth and win the game'?

Questioner: It does happen...

Pujyashree: Even though you did not kill living beings, you did kill virtual beings, didn't you?

Questioner: Yes, we did...

Pujyashree: If you kill them virtually, do you feel remorse within, that 'Oh! I may have done something wrong'?

Questioner: No, that doesn't happen...

Pujyashree: Do you not become happy? One becomes happy and incurs a loss equivalent to killing a living being! One binds just as much demerit karma by killing someone with inner intent, so this is not a good thing. There is a story



View this page
in AR App

in the scriptures. Someone says, “Brother, we will have to give a religious offering in our family, for which we will have to kill a rooster.” So the other person says, “I will not kill. I don't want to kill a living being.” After a lot of thinking, the first person says, “There is no problem. Make two roosters of flour, color them red and then kill them.” So he made two roosters of flour and then killed them with a knife, binding the same amount of demerit karma as killing a living being. He had to go to the animal life form for nine lives...

Questioner: So, since we are playing games right now, do our future lives get spoiled by that?

Pujyashree: They definitely get spoiled. One has to go to a lower life form. One gets a lower life form, an animal life form. So the ways one can go to a lower life form are increasing. In this Kaliyug, the negative intellect arises within people and they regress to a lower life form. All those games, talks, cheating, misconduct related to money and sexuality, are such offenses that humans continue regressing to lower life forms. This is a downhill time. So it is best to come out of all these games and repent. It is better to play games that are creative, constructive and positive like kabaddi. By playing with living beings, we get to make internal adjustments. Whereas, playing those other games spoils one's mind. Then we will not be able to become clean. We will have to come out of this mess.



One becomes happy and incurs a loss equivalent to killing a living being. One binds just as much demerit karma by killing someone with inner intent.



View this page
in AR App

Intention or Activity

Friends, sometimes we only have an intention, sometimes we also perform an action with that intention and other times we perform an action without any intention. The results of each of these are different.

Come, let's mark the below mentioned sentences with a '*' if they only describe an intention, with a '#' if they describe an action with an intention and with a '@' if they only describe an action. Then we will note in the boxes shown below, which one will give the result with the greatest effect.

	1. Every day I pray, "May the whole world attain liberation".
	2. Every day, I practice various musical tunes so that I can become a good singer.
	3. I don't use my phone during an exam so that I can get good marks.
	4. Five times a day I say, "I don't want to hurt anyone."
	5. I sleep early every night so that I can wake up early each morning.
	6. I want to give my sister a nice gift for Rakshabandhan so I am saving some pocket money each month.
	7. Those who steal should be put in jail.
	8. I exercise every day to maintain good health.
	9. I drive a car so that I can go wherever I want in a short time.

So friends, do you realize what an intention is and what an intention + action is?

Value is in the inner intent, whether accompanied by an action or not. The results of good inner intents will definitely be good.

The Effect of Inner Intent and Words

A researcher and writer named Masai Emoto (1943-2014) has worked on the effects of emotions and the expression of positive and negative intentions on the atomic structure of water. He has performed experiments to show this and published pictures showing the changes. Based on this research, people from different countries studied similar effects on apples and grains of rice. The conclusion of these experiments was that every thing has positive effects from good inner intents and negative effects from bad inner intents.

In one of these experiments, equal amounts of rice grains and water were filled into three different cups and they were placed in a similar environment. The experiment was repeated for thirty days to get accurate results. In the experiment, the following words laden with positive inner intents were spoken for the first cup, “Many thanks to you. I really like you. You are very good and beautiful. You are very wise...”. Whereas, for the second cup, words laden with negative inner intents like, “You are very foolish and useless and I hate you. You are extremely bad and dirty...” were spoken. Nothing, negative or positive, was spoken for the third cup.

What could have been the results of these experiments conducted for thirty days? Come, let's understand it through the pictures shown below.



Isn't it truly amazing??? If there can be such a strong effect from our words and inner intents on extremely subtle one sense organisms like water and rice, then what kind of effect could they have on five sense organisms, especially human beings? Recognizing the seriousness of this question, one must definitely think about it.



View this page
in AR App

November 2019 | 07

Inner Intent..

Due to circumstances, positive and negative intents keep arising within us. Come, let's see some examples.



Positive Intent

I do not want to see **negatives** of the teacher. After all, the teacher says things only for my good.

I absolutely do not like doing household chores. But, from today, if I **help mommy** with small chores, she will be happy.

Seeing orphan children, I feel like celebrating my birthday with them in the orphanage.

Seeing the way my parents serve my ill grandfather, I also feel like I should spend some time every day to **serve my grandfather**.

Seeing my friend getting involved in bad company, I feel that **she should also get the right understanding** and be free from bad company.

I had made a very big mistake but now I feel remorseful. **Now, I never want to make such a mistake again.**

Just like my mommy and daddy, **I will touch the feet of the Lord every day** and do aarti.



View this page
in AR App

My friend has cheated me and I will definitely take revenge.

Seeing so many potholes on the road, I wonder what kind of government we have, which makes the roads but doesn't maintain them.

If I catch the thief who has robbed my house today, I will beat him and put him in jail.

Despite getting such good results, I have to give such a large donation to get admission in a good college. These people are here just to take our money.

It is indeed my brother's fault this time. Mommy will scold him properly. It will be fun!

We got late to the party because my sister took so much time getting ready. Therefore, I became angry and scolded her and she didn't appreciate it. Now tell me, what fault of mine is it?

Even though the exam is still a month away, I have so much fear, as if it is tomorrow.

Negative Intent



View this page
in AR App

Therefore, Never Spoil Your Inner Intent!



Satyadatta Sheth was the most wealthy person in the village. His prestige spread throughout the village. Everyone in the village highly respected Sheth because of his father's wealth and the good deeds he had done. But money was very dear to Sheth. He was very stingy from within, but he would make donations only because he got respect and also due to his father's wish. "I will donate money only as long as my father is living. I will not give even a penny afterwards." Such thoughts would keep crossing his mind.

On the other side, there was Gunvantbhai. He had positive attributes just like his name. He was always involved in religious and helpful activities. He was very noble minded and had a deep desire to give to charity, but he was only able to make small donations due to a lack of money. But in his mind, he always felt, 'I would have given a lot more to charity if I had more money.'

Once, there was a festival planned in the village. Like always, the villagers went to Satydatta to collect a donation and told him,

"I will donate money only as long as my father is living.



View this page
in AR App

I will not give even a penny afterwards."

**“If I had more money,
I would have funded
the entire festival.
Regardless, it's my
inner intent to give
more to charity.”**

“Sheth, like always, we are sure that you will make a handsome donation this time as well.” Upon hearing this, the Sheth felt, 'Oh! What kind of people are these... They come to ask for a donation as soon as they see a rich Sheth. I have to give them money against my will and if I don't, my father will scold me and people will call me stingy.' Thinking this, the Sheth donated a very large amount. The villagers praised him saying, “Satyadatta Sheth is great” and left from there. Along the way, they also stopped by Gunvantbhai's place to get a donation. Due to a shortage of money, he was only able to donate a small amount. He thought, 'If I had more money, I would have funded the entire festival. Regardless, it's my inner intent to give more to charity.'



**So friends, what result do you think
each one got for their charity?**

Let's see what Dadashri says about this matter...

View this page
in AR App





Through the Gnani's Scientific Vision

Questioner: How are merit and demerit karma bound?

Dadashri: Merit karma are bound with the inner intent of giving happiness to others and demerit karma are bound with the inner intent of giving pain to others. Karma are bound only through inner intent, not through action. The action may be good or bad, but the karma are bound according to the inner intent. Therefore, do not spoil your inner intent.

An action done with a selfish inner intent binds demerit karma and an action done with an unselfish inner intent binds merit karma. But both are indeed karma! The fruit of merit karma are golden handcuffs and the fruit of demerit karma are iron handcuffs. But both are indeed handcuffs!

Importance is only of the Inner Intent!

In worldly life, things do not hinder you, your inner intents hinder you. The Lord has said that if the gross conduct is there, then the inner intent will arise. That was during the good era of the time cycle. When one gives a donation, he feels, 'May I get such circumstances again.' And in this era of the time cycle, the gross conduct is different and the inner intents are different. While giving a donation, one's inner intent is, 'I would not give a donation. I gave it because Nagarsheth was pressuring me.' So the mind is different, the speech is different and the conduct is different. That is why one binds a lower life form, because of this deception.

When one goes to do devotional viewing of the Lord, then at that time, he also does devotional viewing of his shoes and his shop! The physical body is facing the Lord and the inner intent is in the shoes and the shop! The Lord says that if your inner intent does not match your conduct, then that is not considered having practiced religion and believing 'I am practicing religion' is considered as committing deception. That is why he will go to a lower life form. On the path of the absolutely detached lords, even a small mistake like this by anyone is not accepted.

There is value in the inner intent. Right now the conduct does not happen with a matching inner intent, does it? One makes fritters, but making them with a matching inner intent is greater. People don't even know how to recognize inner intent. If they are given good food with a bad inner intent, then they eat it with full interest. And if they are served a flat bread with a good inner intent, then they ruin their mood. Actually, if one gets a flat bread with a good inner intent, he should eat it with some water. Even if we are given poison with a good inner intent, then we drink it! Value is of the inner intent. If one performs worldly interactions with a good inner intent, then he will experience an environment like Satyug. How nice would it be if a boss and underhand were to interact with each other with good inner intents? Good inner intents are no longer to be found. Even if one were to recite a mantra with a good inner intent, then he would not have any worries. An action with a good inner intent is a live action, even if it is of a lifeless entity that appears to be living. And an action with a bad inner intent is a lifeless action.



View this page
in AR App



Visit...
<http://tiny.cc/AY-podcast>

Listen to the **Podcast** of
Akram Youth Magazines.
Enjoy this magazine
in Radio Jockey
(RJ) style.



View this page
in AR App



The Result of Inner Intent

When I was ten years old, my mother used to send me out daily to buy milk and other things required in the house. She would often send me to buy ice cream, cold drinks, etc. whenever guests came to visit. I was also supposed to help her in household chores. I used to get bored of doing these chores, so I would get irritated and say no to her by arguing. But ultimately, I would have to help her either by love and understanding or by taking a beating.

In all this, my grandmother and grandfather came from their village to stay with us. Now I had to do work for them as well. So I would feel, 'It would be nice if they went back to their village.' Even for my mom I felt, 'That other person's mother is better and it would be so nice if I didn't have one... Dad and I could order food from a restaurant.'

One day I was talking to my friend, "It would be so good if mom wasn't here. She makes me do so much work. And it would be good if my grandparents left as well." At this moment, I was startled to see my grandmother standing near the door. I was so scared and thought, 'Will she scold me?' But, instead of getting angry, she came and sat beside me and said, "Today, let me tell you a story..."

"About 2500 years ago, in the Magadh Empire, King Shrenik and Queen Chelna were enjoying watching the heavy rains from the window of their palace, when they spotted an old man collecting wood near the river bank. The king felt pity for the old man. He ordered his servants to find the old man and bring him to the royal court in the morning. The next morning, the king was surprised to see the servants bringing Mamman Sheth to the court, wearing expensive jewelry and silk clothes. When the king asked him how he was, Mamman Sheth replied, "I may look very happy and well off, but only I know the pain of my mind." Due to his increased curiosity, the king visited the Sheth's home with his family. The Sheth took the king to his basement, which housed a golden statue of a bull, embossed with diamonds, pearls and sapphires, which shined from all angles. Mamman Sheth had spent his life's earnings to make this bull. He told the king, "It would be so nice if I had a second bull like this. To get the money to have a second one of these made, I have been working tirelessly. I am saving all my earnings and not spending any for my own

enjoyment. Now all that is left to be made of the second bull is its right horn.” The king was in awe when he heard this.

An incident from the previous life of the affluent and prestigious Mamman Sheth was responsible for this strangeness in his current life.

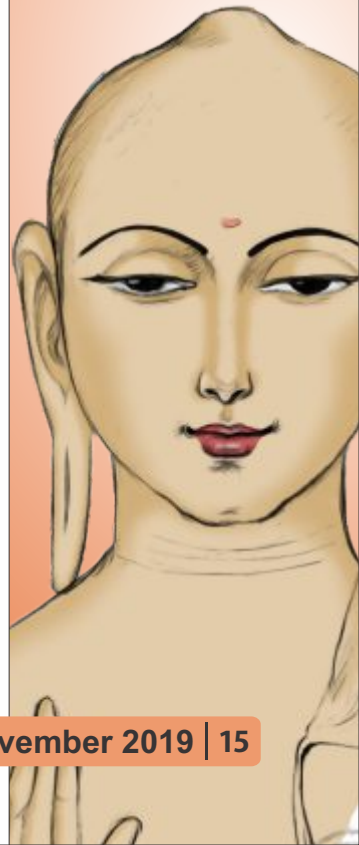
In the Sheth's previous life, a Muni (Jain saint) who had achieved the five mahavrats (great vows), arrived at his home to ask for alms. Seeing him, the overjoyed Sheth said, “Munishree has come to the house of an unfortunate person like me. Glory to my fortune! I have been blessed!” With this inner intent, he put a very nutritious ladvo (sweet rice flour ball) in the Munishree's bowl.

A short time later, his neighbor asked him, “Uncle, did you eat that ladvo?” The overjoyed Sheth told his neighbor, “I offered it to the Munishree who had come to my home to beg for alms! I got the great benefit of this donation to a deserving soul. I am truly blessed!” The neighbor explained to him, “Oh Uncle! You could have donated anything else. You got your hands on such a sumptuous ladvo for the first time.” The Sheth replied, “Oh! I was foolish to donate such a ladvo...” Overwhelmed with this wrong type of remorse, he ran after the Muni and asked for the ladvo back, but the Muni immediately removed the ladvo from his vessel, crushed it and threw it on the ground. (It was part of the vow not to return any alms once accepted.) So along with the deep disappointment of losing the ladvo, Mamman Sheth also tainted the pious donation that he had made.

Mamman Sheth received immense prosperity as a result of the pious donation he had made to the deserving soul, but because he had tainted that inner intent afterwards, he was not able to enjoy this prosperity. Ultimately, changing his inner intent just for a ladvo and the ill effects of his greed caused him to take a birth in the extremely frightful seventh hell and live there for millions of years.

So son, why should we waste the nice result we have earned doing good, by having negative inner intents? If we do anything with good inner intents, then we get satisfaction, happiness and bind merit karma. Therefore, we should be very careful not to spoil our inner intents.”

I liked grandmother's advice and from that day onwards, I put the understanding she had given me into practice. The effect of the understanding she had given me with her positive inner intent and without any anger, is still with me today.





Akrampedia

Name: Ayush Mehta
Age: 19 yrs

Hello Friends,

In life, every friend is necessary. In this way, you are also necessary for me! That is why I come every month to share my experiences with you.

We were given a project in our Human Development class to conduct a survey about burning topics for youth and to find possible solutions. Misha and I were together on this project. From our research, we discovered that youth end up doing many things even if they don't want to and they are always remorseful about it, feeling 'I shouldn't have done it'. After the research, Misha and I determined the two top most burning topics, which are as follows:

1: Harsh Speech: The majority of today's youth can't keep control over their speech. They can't maintain discretion and humility when speaking with others, which leads to others being hurt.

2: Hiding Their Girlfriend or Boyfriend from Their Parents: There is always some incident or topic that youth hide from their parents, like something related to friends. Nowadays, many youth have girlfriends or boyfriends. They keep feeling that they should disclose everything to their parents, but they are not able to say anything to them.

Now, we had to find a possible solution. Misha and I were searching for solutions for three days, but we couldn't find a single satisfactory one. Finally, as we sat in a quiet lab to think, Pankaj entered. "Oh man!! How can you guys sit here when this fan is making such an annoying sound?"

Releasing my pent up anger from the entire day, I said, "Take the watchman's stick which is lying there and put it between the fan blades. It will stop."

"Calm down brother!..Calm down... !!! The fan won't stop by inserting a stick. I

was asking where its switch is. And since you will say no, I will find it myself.”

Misha jumped with joy... “Oh! I found the solution! Listen Ayush, do you know what was happening in all the solutions we were examining up till now? Give me a piece of paper so I can explain.” We had written a list of solutions and the counter arguments youth had against each solution on one page, so that we could find the best solution. We thought of choosing the solution that didn't have any argument against it.

I gave that page to Misha,



The problem with each of the solutions is that, even though the youth were trying to apply them, it was like stopping a fan from rotating by inserting a stick between its blades. Harsh words come out despite making efforts to speak softly and kindly on the outside. Sometimes, even if they did speak with discretion, they may have felt, “It was worth speaking harshly to him”.

So, to stop these rotating fans in the form of bad habits, fear of parents, etc. one needs to find the right switch. This switch is inner intent. In order to change our actions and conduct, it is important to change the inner intents.



View this page
in AR App

Pankaj said, “How can the inner intent be changed? We end up having so many negative inner intents. We even have negative thoughts in trivial matters.”

To find a solution to these questions, we searched on Youtube and got the answers from Pujiyashree as mentioned below



View this page
in AR App

Questioner: What are the Nine Kalams?

Pujiyashree: Why does crooked speech come out? It is due to crooked opinions. That which straightens these opinions out is called the Nine Kalams. Then the speech will change. If one has speech and conduct that hurts another's ego, then reciting these kalams will change his opinions, bringing about a safe side for his future life.

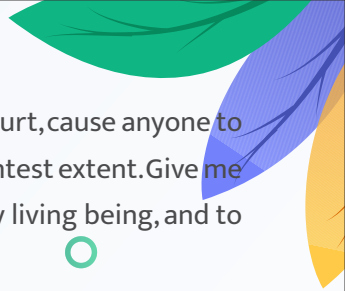
Questioner: Please explain the importance of these Nine Kalams.

Pujiyashree: The design for the next life changes as one's opinions change. The entire lifetime will be transformed. Dada Bhagwan teaches, 'May my life be according to these Nine Kalams. May my life be according to the five Agnas.' Our entire next life will be transformed. So, we are improving the new seeds. The seeds that are growing now were infused with chemicals and were inorganic, but now we are sowing new seeds which are organic. Now, all these old seeds will be destroyed and the new seeds that will grow, will bring about great results. The Nine Kalams are the new seeds which will transform our (current) life and improve our future lives.

In addition to succeeding in our project, we also received a new 'switch', through which we can make our inner intents positive.

The Nine Kalams

By reciting these intentions daily, all kinds of weaknesses go away. All the previous faults and criticisms start getting washed away and we experience tremendous internal peace. We should ask for this much from “Dada”. This is not something to be recited mechanically but it should remain in your heart. The essence of all the scriptures is encompassed in this much text.



1. Oh Dada Bhagwan [the Lord within]! Give me the absolute energy not to hurt, cause anyone to hurt, nor instigate anyone to hurt the ego of any living being, even to the slightest extent. Give me the absolute energy not to hurt, even to the slightest extent, the ego of any living being, and to conduct my thoughts, speech, and action in a manner that is accepted by all.

2. Oh Dada Bhagwan [the Lord within]! Give me the absolute energy not to hurt, cause anyone to hurt, nor instigate anyone to hurt the foundation of any religion, even to the slightest extent. Give me the absolute energy not to hurt, even to the slightest extent, the foundation of any religion and to conduct my thoughts, speech, and action in a manner that is accepted by all.

3. Oh Dada Bhagwan [the Lord within]! Give me the absolute energy not to slander, offend, or disrespect any living preacher, monk, nun, or religious head.

4. Oh Dada Bhagwan [the Lord within]! Give me the absolute energy not to, nor cause anyone to, nor instigate anyone to, dislike or have contempt for any living being, even to the slightest extent.


5. Oh Dada Bhagwan [the Lord within]! Give me the absolute energy not to, nor cause anyone to, nor instigate anyone to speak in harsh or disparaging language towards any living being, even to the slightest extent. If someone speaks in harsh or disparaging language, give me the energy to speak language that is straightforward and with humility.

6. Oh Dada Bhagwan [the Lord within]! Give me the absolute energy not to have, nor cause anyone to have, nor instigate anyone to have, even to the slightest extent, any sexual faults, desires, gestures, or faults related to sexual thoughts towards any living being, be it male, female, or of bisexual orientation. Give me the absolute energy to be continuously free from all sexual impulses.

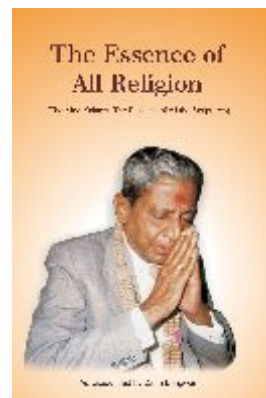
7. Oh Dada Bhagwan [the Lord within]! Give me the energy to not have excessive temptation in any particular food taste. Give me the absolute energy to take meals with a balance of all tastes.

8. Oh Dada Bhagwan [the Lord within]! Give me the absolute energy not to, nor cause anyone to, nor instigate anyone to slander, offend, or disrespect any being, be they present or absent, living or dead.

9. Oh Dada Bhagwan [the Lord within]! Give me the absolute energy to become an instrument for the salvation of the world.



A Glimpse of One of Dadashri's Books



An Invaluable Investment Surrendered for the Salvation of the World

Questioner: The Nine Kalams and all the vidhis are very effective!

Dadashri: I have actually given you that which is mine. People asked, “What do you do?” So I showed them. So what else do they have to do in their free time?

Due to the current era of the time cycle people don't have energy. However much energy there is, that is precisely how much has been given. I had followed the Nine Kalams my entire life; this is the capital that was invested for that. Therefore, I have put forth my daily stock. This is ultimately for the salvation of the world. These Nine Kalams have been going on within (me) daily, constantly, for the past forty years. I have put it forth for the world.

Questioner: I read all this. It is a tremendous thing. If even an ordinary person understands this, then his entire life will pass in happiness.

Dadashri: Yes, otherwise he hasn't received anything worth understanding. This is the first time he is getting something that is clearly worth understanding. Once he gets that, the solution will come about.

Questioner: This is a powerful

solution to change the cause behind the incorrect worldly interactions that take place.

Dadashri: It is a great spiritual effort; it is powerful. Therefore, we have unveiled the greatest thing, but now people should understand this! That is why we have made it compulsory. We say, “You have to do this much. Even if you do not understand it, just drink it.” The body will get better on its own. You may have a cough, but your body will definitely get better.

Questioner: All the 'diseases' within come to an end; the 'disease' of the worldly life comes to an end.

Dadashri: It ends. It has been written in the form of the essence of the entire worldly life. It is like I have placed a jewel in the hands of children. If it falls into the hands of someone who can understand it, then he will jump upon seeing it; he will read it while jumping around, feeling so fortunate!

What are these Nine Kalams? They are not of the scriptures.

That which we abide by, that which is constantly in our practice, I am giving you to do, in order to ask for energy. Our conduct is in accordance with this. Yes, I constantly prevailed in the Nine Kalams before Gnan. Then I attained Gnan and our mahatmas told me, "Give us something of yours!" Then I said, "I prevailed in this, only then did this Gnan manifest in me. So then this matter came forth.

The Importance Is of the Inner Intent Behind What Is Spoken

Questioner: But if we say, "I will never do this," then that is for the future, so that it doesn't happen again.

Dadashri: You do not have to look at that. At present say, "I will never do this." Then if there is a doubt in your mind, then that means it is decided that you are going to do something. At present say this, then whatever happens is different and what you have said is different.

Questioner: No, but aren't we having the inner intent that we do not wish to do it?

Dadashri: That is it, only that inner intent is required, nothing else is required. I know on what basis it happens. I only require this much from you.

Questioner: Do we have to say all Nine Kalams, or is there some leeway there?

Dadashri: No, there cannot be any leeway. Pratikraman is encompassed in these Nine Kalams; the true pratikraman.

Therefore, if you nurture these Nine Kalams, then you are making preparations

to clear everything for your next life.

There Is so Much Value in These Nine Kalams!

If everyone reads these Nine Kalams, it is extremely beneficial! If they study these Nine Kalams and recite them; if they do this much, then it is more than enough. Then it is okay even if they do not come to get Gnan from me. If one only makes this spiritual effort, then the entire path of liberation opens up.

Questioner: Dada, of the Nine Kalams, if a person holds on to just one, then the other eight will come along with it.

Dadashri: No, they all have to be held onto. The intellect is there isn't it? The intellect interferes. Therefore, all the Kalams should be held on to. Everything should be included. Yes, everything is included in these Nine Kalams. Nothing is left out.

Give Dada a Promise, 'I Will Do This Regularly'

So you should recite these Kalams. You should make it a daily routine. Have you done it yet or not? Do it from tomorrow.

On the day you are not able to read the Nine Kalams, say, "Oh Dada Bhagwan! I have not been able to do it today because of the circumstances. Forgive me for this." If you say this, then everything will be alright for you. But you will say this, won't you? So this will be done daily, won't it?

Questioner: It will definitely be done.

Dadashri: Then give me a promise.

The Essence of all Scriptures

The Nine Kalams are for spiritual progress

I told a man, “Everything is encompassed in these Nine Kalams. Nothing has been left out in this. Read these Nine Kalams every day!” To which he replied, “But this cannot be done.” So I said, “I am not telling you to do anything.” Why are you saying that it cannot be done? All you have to say is, “Oh Dada Bhagwan, give me the energy.” I am telling you to ask for the energy. Then he replied, “This will actually be fun!” People have actually taught us to 'do' things [to improve our behavior].

Then he asked me, “Who will give this energy?” I said, “I will give the energies.” I am ready to give the energies you ask for. As you yourself do not know how to ask, I have to teach you to ask in this way, don't I? Just look, haven't I taught you all this! These are indeed things I have taught you, aren't they? So he understood. Then he said, “This much can be done, everything is encompassed in this.”

You do not have to do this. Do not do anything at all. Eat two more rotlis (Indian flat bread) than you normally eat, but ask for this energy. Then he said to me, “I like this point.”

Questioner: Initially, there is this very doubt, 'Will I get the energy if I ask for it or not?'

Dadashri: That very doubt will prove to be wrong. Now you are asking for that energy, aren't you! So once that energy arises within, then that energy itself will ensure that the work gets carried out. 'You' [the Self] do not have to do anything. If you attempt to do anything, then the egoism will increase. You will say, “I am trying my best to do it, but it is not happening.” So just ask for the energy.

Questioner: In these Nine Kalams, when we ask for energy not to do, nor cause anyone to do, nor instigate anyone to do, then does that mean that we are asking for the energy so that it will not happen in the future or is it to wash off our past deeds?

Dadashri: The past deeds get washed off and the energies arise. The energies are already there, but by washing those off, the energies manifest. The energies are already there, but they have to manifest. That is why we ask for the grace of Dada Bhagwan, “If this of ours gets washed off, then the energies will manifest.”

Questioner: I read all this; this is actually a phenomenal discussion. If even an ordinary person understands this, then his entire life will pass by in happiness.

Dadashri: Yes, otherwise he had not found anything that was worth understanding [until now]. This is the first time that he is getting something that is clearly worth understanding. Now, once he gets that, the solution will come about.

Of these Nine Kalams, there is no problem with following as many as you are able to of your own accord. But if you are not able to follow them, then there is no need to feel regret for that in your mind. All you have to do is to ask for the energy. That energy will keep accumulating. The energy will keep getting deposited within. Then the work will get done automatically. In fact, all of the Nine Kalams will be set up the moment you ask for the energy! So it is enough even if you just say them. If you say them, it means you asked for the energy, and so you will get the energy.

#Poem



Daan aapyu, madad kari...kaam ghana saara chhe..
Kyarey tapaasyu chhe, paachhad bhaav shu tamaara chhe..?

Koi ameere bhaav bagaadi, khaali karam kaadoon
baandhyun..
Ek nirdosh baadake prarthna kari, jaande mandir sthapyun...

Gun saaraa joi koina, je khush dil thi thashe..
Khut-tu ene, kudrat same chaali aapii jaashe...

Bhaav chokkha jene, hanumanji jeva thaashe..
Dariyo bhego thataan, koodvaani Shakti bhegi thaashe...

Chhootvaani bhavna matra kare, ena fera tadii jaay..
Adhyatma na andha ne pan koi gnani madii jaay..

Bhaav evo raakho, gnani ne bhav aapii devo aakho..
Baaki anant avtaare anant maanthii, mokshe na jaay laakho..



View this page
in AR App

Year: 7, Edition : 07
Continuous Edition : 79
November 2019

For Augmented Reality experience of **Akram Youth**



Step 1: Download Akram Youth AR App

Step 2: View this magazine through the App



For details, watch the intro video in the app. <http://tiny.cc/akramyouthar>

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

Printed and Published by Dimple Mehta on behalf of Mahavideh Foundation-Owner.

Printed at : Amba Offset, B-99, GIDC, Sector-25, Gandhinagar – 382025.