

Akram Youth

March 2020 | English Dada Bhagwan Parivar

Price per Copy - ₹ 20

Not to dislike or have contempt
for any living being,
even to the slightest extent.

THE **Q** OF
POWER SERIES 4

The Augmented Reality



Magazine

For details, visit page 24

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Only One Star

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#Poem

Pg. 23 - March 2020

Year: 8. Issue: 11.

Cont. Issue: 83.

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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.

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Editorial



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Dear Readers,

Let's continue our thrilling journey of becoming a superhuman from a human by exactly understanding the Nine Kalams.

We don't realize when the dislike that arises in small matters takes on a larger form such as contempt. But the result of this dislike and contempt is very painful. Friends, it is said that if we have dislike or contempt for something, then we will bind such an obstruction that we won't come across that thing again. So it must be even more dangerous to have dislike or contempt for living beings.

Absolutely Revered Dada Bhagwan says that there are three dangers of contempt. You will be afraid of the person with whom you have contempt for. You can never become free if you have contempt because vengeance is bound by it. Wherever there is contempt or backbiting, money will not last long.

Let's get a detailed understanding of the fourth kalam in this edition of Akram Youth and ask Dada for the energies to stay away from dislike and contempt.

- Dimple Mehta

There Isn't Only One Star



It's the first day of Summer camp. Ayush along with many others have come to Adalaj for this camp. Everyone is busy making memories, some are occupied taking selfies, while

the rest are chit chatting in the garden. But everyone is wondering about one question, which is, 'What is going to be the theme of the summer camp this time?'

As soon as the clock strikes ten, an Aptaputra comes on stage and greets all of the youth by saying, "Jai sat chit anand! We all know how excited everyone is to know the topic of this camp. And to increase the excitement, we will watch a short movie clip, which everyone sitting here should be able to relate with. We will pause the clip at short intervals to discuss the situations that are being shown."

"The movie is about a boy named Rahul, who has recently entered college life. **Let's see what happens next...**"



Rahul, hailing from Lucknow, Uttar Pradesh, is highly talented and a smart young man, who enjoys exploring new places and making new friends. Since his childhood, he has had a desire to do something for his country which caused him to take a keen interest in the legal profession. In order to pursue this dream, he obtained admission into one of India's best Law Colleges located in Bangalore and is currently progressing forward.

Within the first month of his college life, word is spreading regarding Rahul's intelligence and sharpness. The professors have started admiring Rahul for his sincerity and attentiveness. Not just that, even his classmates have started growing fond of him because of his sense of humor. He is equally enthusiastic in sports. He has won several gold medals in sports for his college and all of this has made him no less than a star.

But Rahul is not aware that another star is getting ready to shine.

Suraj recently moved from Mumbai to Bangalore with his family. This studious and bright natured Suraj obtained admission in the same university mid-semester. Amidst a campus where everyone is mingling and having fun among friends, Professor



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Abhin notices a lonely Suraj. Professor Abhin is a very quiet and mild mannered person among his peers at this college and he has had a keen interest in spirituality along with people's inherent disposition since a young age. He had read and deeply studied books of Dada Bhagwan in addition to many other enlightened beings. He talks to Suraj and gets to know him.

The Professor introduces Rahul to Suraj and asks Rahul to assist Suraj at the college. Rahul happily agrees and introduces Suraj to his group of friends. Rahul helps Suraj settle into the college. He also studies with him for classes and hangs out with him on the weekends. They enjoy each other's company so much that they quickly become best friends.

Suraj has now started getting along with all of Rahul's friends. Everyone starts loving Suraj's happy go lucky personality a lot. Suraj, who is also a champion in sports, has become a favorite of professors.

All of this has somehow started to affect Rahul's mind...

...because the people that used to give their attention to Rahul have now split their time between Rahul and Suraj. Rahul realizes that he is no longer the only star on campus and that all the importance that he once had for himself has slowly started diminishing. Due to this, Rahul has begun disliking Suraj.

Dislike



Pausing the clip, the Aptaputra puts up the following slide on the screen:

Meaning: The slightest sense of aversion towards a person, which arises due to opinions formed previously about that particular person is called dislike.

Examples

When we are in a restaurant and someone is watching us eat, we feel dislike towards them.	When we are traveling in a train and we look at fellow passengers who are making noise, we feel dislike towards them.	We often feel dislike towards others because of the way they dress. For example, if someone is wearing very fashion forward or revealing clothing or if someone is wearing clothes that are out of style, then we feel dislike towards them.	We feel dislike towards someone if we find out that the person has no goal in life or if their goal in life is meaningless.
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Thereafter, the Aptaputra asks, “Can you connect with the situations shown in the diagram? Have any of you ever experienced anything like this?”

Ayush replies, “Yes, things like this have happened many times. But I didn't realize this was called dislike. I'm sure that everyone else has had similar experiences as well.”

The Aptaputra then says, “**Ok, then let's see what happens next...**”



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Exam time is coming up soon. As this is one of the best colleges, competition amongst the students is cut throat. However, Rahul is sure that he will be at the top of his class and Suraj won't even crack the top 10 since he started mid-semester.

Before they know it, time passes by and the exams are over. The results have arrived. Along with all of the other students, Rahul rushes towards the notice board to check on the results. "What's this?" Rahul says to himself. To his shock and surprise, he sees that his name has been replaced by Suraj's at the top of the results table with just one point more than his own.

While eating his burger in the cafeteria, Rahul can't figure out why everyone is looking in his direction and laughing at him. He thinks to himself, "Maybe there is some ketchup on my face." He tries wiping his face a couple of times with a napkin. At the same time, Suraj along with a couple of his friends come by and start laughing as well. But

Rahul still cannot figure out the reason behind this, so initially, he starts laughing along with them. After it seems to cross a limit, he ignores them and goes to the washroom to wash his hands. When looking in the mirror, he notices something black stuck to the back of his shirt. He grabs the piece of paper, which reads "I am stupid!" Upon seeing this, Rahul's anger ignites. Right then, Suraj and his other friends come and start laughing feeling proud of their successful prank.

Suraj tells Rahul, "Rahul, this was just a prank, buddy. Take it easy."

Rahul steams internally thinking, "They made me look like a fool. And it was all Suraj's doing."

In actuality, Suraj had no intention of causing trouble to Rahul or hurting his ego. Nonetheless, these events have caused **Rahul to start feeling such levels of dislike towards Suraj that it has turned into contempt and made him want to exact revenge.**

CONTEMPT

After pausing the clip, the Aptaputra discusses what happened in it and why it happened. Based on that, what they can learn is to be summarized. The youth present a summary of “contempt” as follows:

Meaning	Reasons	Results
<ul style="list-style-type: none">- By suppressing dislike and aversion for a long time, we end up taunting others and hurting them.- The intensity of contempt is more than that of dislike.	<ul style="list-style-type: none">- If we do not like a person, then we will keep looking for that person's faults and that will lead us to defame that person.- If we keep higher expectations from those close to us about what they should do, and if their work does not meet these heightened expectations, then we will develop greater contempt for them.	<p>Losses due to Contempt</p> <ul style="list-style-type: none">- We will develop enmity- We will feel frightened- Our tolerance will weaken- Our confusion will increase- We will be criticized by others <p>That's why we should not have contempt for anyone.</p>





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As such, Rahul didn't want to go to the nearby hill station with his college friends, but when he came to know that Suraj was not going to join the trip, he decides to go, thinking that it's a good opportunity to reclaim good impressions amongst his friends.

On the day of the trip, everyone in the bus is taking selfies. Right there, Rahul sees Suraj coming towards the bus. His excitement dies down. However, other friends feel happy that Suraj is coming and invite him to join in a selfie with them. Everyone is enjoying the bus ride; joking, playing games, and singing songs. However, Suraj's attention is towards Rahul for the change in attitude and behavior towards him. Rahul does not talk to Suraj the entire trip and tries to avoid him.

At the end of the trip, Suraj loses his patience and decides to face Rahul. Suraj says, "Rahul, buddy, is there a problem between us? Is everything OK?" Rahul fumes over Suraj. "Look, Suraj, I have already cut all my ties with you... I don't ever want to see your face. What do you think of yourself? Have you ever thought about how selfish you are? You have used me."

Suraj is taken aback by Rahul's negativity. He tries to convince Rahul and says, "Rahul, please just listen to me once. I think there has been some sort of misunderstanding." But an angry filled Rahul starts to bad mouth Suraj. "Suraj, have you ever seen how miserable you are? You look pathetic. I never want to stand beside you. Also, everyone should know the circumstances around why your dad had to move to a different city..."

Due to this terrible humiliation, Suraj loses control of himself. He starts insulting Rahul by saying, "I always thought we were best friends, but if you have so much disgust towards me, then there is no point in continuing our friendship." In this way, misunderstandings of dislike were fueled by jealousy and resulted in contempt and scorn. With this, the friendship between Rahul and Suraj ended!

**After summing up the clip, the Aptaputra says,
"Let us read what Dadashri says regarding intense contempt."**

Intense Contempt



How Harmful Is Intense Contempt?

Questioner: What is the difference between contempt and intense contempt?

Dadashri: At times, one may not even be aware of contempt. Contempt is a completely mild thing, whereas intense contempt is fierce, and it can instantly cause a person to 'bleed'. This bleeding is not of the physical body. It is the mind that bleeds.

Questioner: What are the consequences of intense contempt and contempt?

Dadashri: You may not even discern the consequence of contempt, but that of intense contempt is huge. Intense contempt causes all kinds of obstacles. Therefore, it will not allow you to attain things, and it will create all sorts of misery. What can intense contempt not do? It has given rise to the entire world. That is why I tell you one thing, and that is, "Let go of your enmity and vengeance and beware that you are not contemptuous towards anyone".

My chit is very attentive when it comes to intense contempt. If I have to walk home late at night, I am very careful about not disturbing any sleeping dog, with the noise of my shoes. Isn't there a soul within them as well? I would not even be scornful with the person who lovingly gave me 'poison'.

On the path of the fully enlightened Lords, you should not oppose or have intense contempt towards anyone. A fully enlightened Lord will never oppose anyone, whether it be a thief, a villain, a scoundrel or anyone else. If you tell someone, "You are in the wrong business," then he will feel the intense contempt. And when you do that, you will not be able to see God within him. God tells you to see the person through the elemental vision (*tattva drashti*). If you see him through the situational vision (*avastha drashti*), you will only spoil things for yourself. What if you throw a stone in the mud?

Would the mud get tainted? The mud is already tainted, but by doing this, it could splash on us. The fully enlightened Lords were very wise. They would make sure to deal with every living being without intense contempt. If we have intense contempt towards anyone, he will not open his doors to us

next time.

Questioner: We experience both, intense contempt and contempt, in each and every moment of our worldly life.

Dadashri: Yes, isn't everyone experiencing the same thing? They are responsible for the world's misery. A person's speech may be so vile and negative that he will even say things like, "Let there be famine"!

Questioner: Nowadays there are 'kings' of such negative speech.

Dadashri: From what 'we' have seen of the past lives, 'we' are incredulous about the amount of damage that intense contempt can do! That is why we should behave in a way that shows no contempt, even for the simple laborer. Ultimately, to take revenge for the contempt, one may even bite you as a snake. Intense contempt will take its revenge at any cost!

Physical scars may heal, but the scars caused by speech do not heal throughout a person's entire lifetime. Many scars will not heal even after a hundred lifetimes.

What Is the Solution for Intense Contempt?

Questioner: What should we do to make sure that we do not have to suffer the consequences of intense contempt?

Dadashri: There is no solution for that other than to keep doing pratikraman. You have to do that until the other person's mind comes around. And should you come face to face with him, then ask for his forgiveness nicely, "My friend, I am sorry that I was wrong. I am such a fool. I have no sense." And so his scars will begin to heal. A person likes it when you criticize yourself, and that will heal his scars.

If you want to be happy in life, then don't have intense contempt towards anyone! Who are you having intense contempt towards? To God Himself! As God resides in every being. The insult does not reach the person: the insult reaches God! God takes the results of everything in the world. Therefore, do things that He can accept, and that do not make you look bad in His eyes. It is not possible for anyone to attain moksha by spurning even a single living being with intense contempt.

Solution



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One week later, Professor Abhin invites both Rahul and Suraj to discuss college events. Both of them participate in the discussion and provide their individual inputs, but their differences are clearly visible. After the discussions end, Professor Abhin asks Rahul to wait and informs him that he knows all about what happened at the hill station. He then advises Rahul to do introspection. He feels that this negativity is adversely impacting Rahul's life and his education. Rahul quickly disregards the professor's advice and leaves the classroom. However, once he is alone, he ponders over the discussion that he had with the professor and realizes that he has suffered from this self-created problem, which has impacted him deeply. The biggest victim of his problem is his education. He thinks, "The professor is right. Whenever I wanted to study or take part in the lectures, I always used to think about Suraj. I have always focused on looking better than Suraj. That has negatively impacted my studies as well as my attitude."

The next day, he goes to Professor Abhin and confesses that what the professor said about him was correct. Since Rahul is so sorrowful from within, he breaks down in front of the professor. The Professor consoles Rahul and talks to him about dislike, contempt, and intense contempt. He further says, "Rahul, your behavior from a few days ago showed intense contempt. How do you think this all began?" After thinking about it, Rahul says, "I think what you described as dislike is where this started. It began with my dislike of Suraj's popularity and his impressive personality." Professor Abhin says with a smile, "You have really found the root cause of the problem. Now, don't you think that it would have been easiest to get rid of the dislike at that time?" Rahul says, "I agree with you, but right now, I am in a situation from which I don't know how to come out of."

Professor Abhin says, “Let me give you an example. Let's say a business starts running into losses. In this situation, who is considered a smart businessman? The one that cries out, “I have losses... I have losses” or the one that investigates why the business is running into losses, finds the root cause, and eliminates that?”

Rahul replies, “Naturally, the second guy who investigates the root cause of the losses.”

Professor Abhin says with a smile, “Instead of crying about a mistake, you should be happy that you have accepted the mistake, and now you have an opportunity to correct it. From now on, I hope that whenever you are faced with such a situation, **'you will stop, wait and think it over', and as dislike develops, you will make the proper decision to stop it.**”

The video clip was an eye opener for every viewer. They never thought that even the slightest negativity towards a person can lead to such severe consequences.

Ayush thinks, “I have developed negativity towards those near and dear to me. That includes my mom and dad, friends, teachers, and neighbors.” Then the Aptaputra makes an announcement in the microphone, “Let us do an activity. For five minutes, we will close our eyes, watch all of the events where we have developed dislike and contempt in our daily lives, and do introspection.” After five minutes, the boys are shocked because they recollected many such events. They also realized that there are many such events that they could not recollect in five minutes.

They clearly understood why dislike should be avoided.



Socially Unaccepted People

Now Ayush has the conviction that those whom he has disliked, need to be viewed from a different angle. But he has a question, so he asks the Aptaputra, “What about those people whom society deems bad, such as bandits, rapists, abusive people, etc. For these people, we automatically develop anger. It is natural to develop dislike and hate towards them. For such people, how should our approach towards them be?”

The Aptaputra explains, “Ayush, as per Dadashri, we should always remember, one should never contradict anyone, even if they are bandits or thieves or rogues. What if you throw a stone in the mud? Would the mud get tainted? The mud is already tainted, but by doing this, it could splash on us. The fully enlightened Lords were very wise. They would make sure to deal with every living being without intense contempt. If we have intense contempt towards anyone, he will not open his doors to us next time.”



One should never contradict anyone, even if he is a bandit or a thief or a rogue. What if you throw a stone in the mud? Will the mud get tainted? The mud is already tainted but by doing this, it could splash on us.



Listening to this, Ayush has another question in his mind, “Then what about our social responsibility? For example, if our wallet gets stolen, should we go and file a complaint for that? If such a wrong thing is happening, should we tell our neighbors about this?”

The Aptaputra says, “Yes, if our wallet gets stolen, we should definitely file a complaint. It is our social responsibility and we must fulfill that duty. But at the same time, we should not see the thief as being at fault. We should keep equanimity with the thief. We should avoid speaking negatively about the thief with others because this would lead to hatred for the thief in their minds. Indirectly, we would also be impacted by this, since other people would develop dislike and hatred for the thief due to our actions or words. This is a gross sin.

If our wallet gets stolen, we should definitely file a complaint. It is our social responsibility and we must fulfill that duty. But at the same time, we should not see the thief as being at fault. We should keep equanimity with the thief.

If we have to inform others about this incident, then we should inform them about the positive aspects of the thief. For example, 'He stole our things but did not harm us.' It is not wrong to fulfill our social obligations, but at the same time we should do introspection to make sure our behavior is not hateful or contemptuous towards anyone.”

Let's Stop Speaking Negatively



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On the desolate and sandy beach of the Ganges River lived slum dwellers who were extremely poor. Among them was a man named Balkot, who lived with his wife Gauri and son Bal. Unfortunately, Bal was very ugly looking. However, he was very dear to his parents.

“Mom, mom, give me something to eat fast. I want to go to the village to play with my friends.” Bal told his mom.

“Yes dear, I will get you something in just a moment!” And then Gauri served fresh food to Bal.

Bal quickly finished his lunch and went out to play.

Everyone in the slums used to hate and taunt Bal for his ugly looks. But Bal ignored everyone and kept playing. One day, overcome by hate and the taunts of people, Bal got very angry. Overcome by anger, Bal started abusing people and began throwing stones at them. With extreme anger and with red eyes, Bal looked haunting.



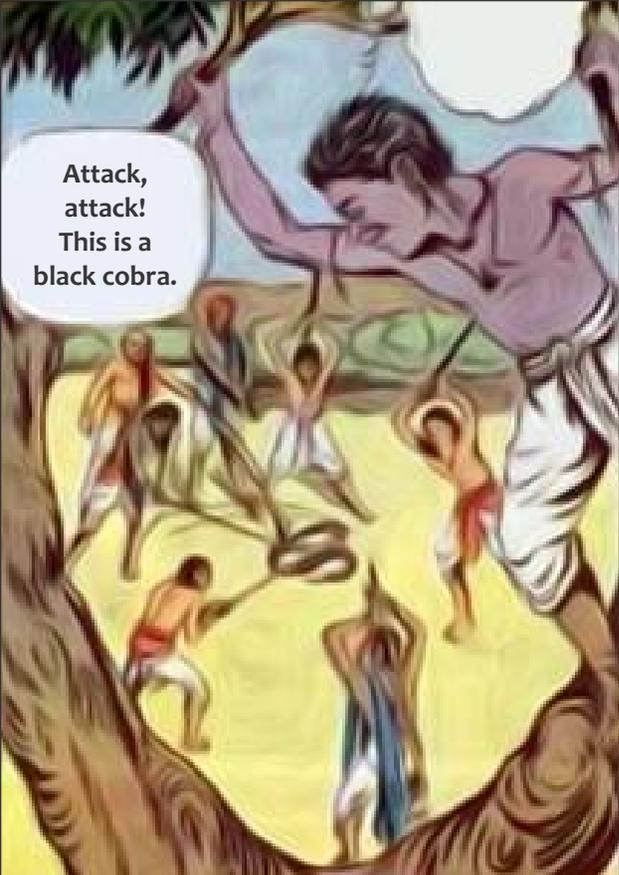
“I will see to you all!” an angry Bal shouted.

“Why are you so angry? Go and play by yourself!” Saying this, Bal’s friends ran away from him.

“Hit him!” Some people started shouting and beating Bal.

Due to the hateful and contemptuous attitude of people, Bal used to burn with anger day and night.

One day, Bal ran away from the other kids and climbed a tree. From there, he



saw his friends hitting a snake.

“Attack, attack! This is a black cobra. His vicious bite could kill a person. It’s that venomous. Kill it!”

The frightened people hit the cobra hard and beat it to pieces, killing it. In a few minutes, another cobra came out from its burrow.

“There is another black cobra. Attack! Attack! Kill it!” They screamed.

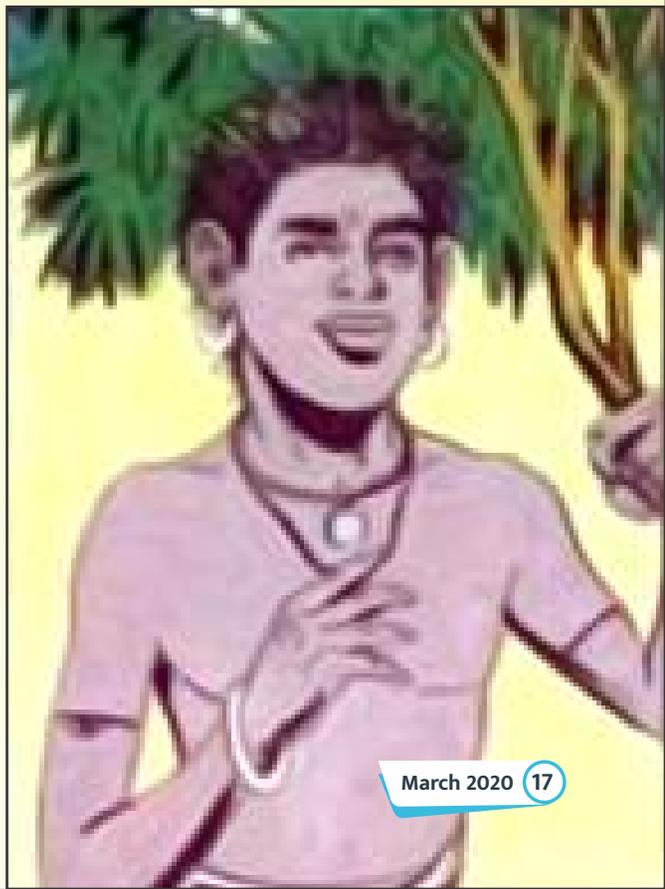
“Hey, wait! Why are you hitting it? It’s a non-venomous snake. It will not hurt anyone.” Said a snake charmer.

“Non-venomous?” Someone asked curiously.

“Yes, non-venomous means it will not attack us or bite us. It will not hurt anyone.” The snake charmer explained to all and threw the snake in a nearby channel.

Bal was watching this from the tree top. Watching this, his anger cooled down. He started thinking, “These people killed the venomous snake but didn’t do anything to the non-venomous snake. So, does it mean that no one attacks the innocent?” Thinking that, he got off the tree. “People hit me, insult me. Why? Because I also misbehave with people. If I remove my poisonous anger just like that non-venomous snake, then no one will hit me, everyone will like me.”

People misbehave with us only because of our negative speech, thoughts, and actions towards them. Bal understood this clearly. We also should understand the essence of this story and stop speaking negatively about people.





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The Aptaputra explains further, “Do you want to know what really happened with Rahul?” **The Aptaputra then shows another video clip.**



Rahul starts working on his problems and after one week, contacts Professor Abhin. He tells the professor that he saw many examples of dislike and based on the incidents with Suraj, he can understand many of his other mistakes. However, he cannot understand how to wash off all of his past mistakes and make a change in his relation with Suraj.

The Professor recites Dadashri's Fourth Kalam to Rahul.

He tells Rahul that he should heartily read this 'Fourth Kalam' and explains that if he reads it with utmost devotion, then it will be easy for him to wash off his past mistakes and stop making new ones.

During vacation, Rahul reads the Fourth Kalam 20 times every day. In a few days, he feels a change in himself from within. His contempt for Suraj is gradually diminishing and the self-inflicted miseries that he was suffering are also reducing. On the first day of college after his vacation ends, he meets Suraj, embraces him and apologizes for



his bad language towards him. Rahul's vibrations after sincerely reciting the Fourth Kalam have reached Suraj and he immediately forgives Rahul. Seeing this, Professor Abhin tells Rahul, "Did you see? This Kalam has so much divine power!"

After watching the video clip's ending, all of the boys are amazed by the power of the Kalam. The Aptaputra looks at everyone and says, "Now you must have understood the importance of reciting the Fourth Kalam every day." Then Aayush says, "I had no idea how trivial matters of dislike and contempt could lead to the destruction of relations with those who are close to me."

The Aptaputra explains, "If dislike and contempt are not cleared by remorse, then it can bring dire consequences. The best way to remove all mistakes and negative thoughts is to sincerely recite the Fourth Kalam."

The Aptaputra further says what Dadashri has said, "When you are sitting in your office and someone enters the

room, you may experience dislike and contempt for that person. Afterwards, you should think about that person and repent, that it should not be like this.

As long as a person has some sort of contempt, he can never be liberated.

The result of contempt for any person is that he takes revenge on you. Even if you have contempt towards a non-living thing, you will not be liberated. The slightest contempt towards anyone is very harmful. As long as you have contempt towards anyone, you cannot become free from attachment and abhorrence."

Everyone agrees with Dadashri's talk and decides to recite the Fourth Kalam from today onwards.

With this, everyone recites it together:

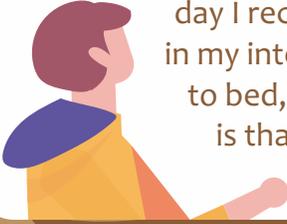
-----The Fourth Kalam-----

"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."

Youth Experiences

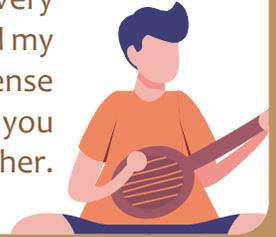
The shibir ended two months ago. The Aptaputra is reading letters received from some of the youth.

“Jai Sat Chit Anand! As advised by you, at the end of every day I recap dislike, contempt, and intense contempt that occurred in my interactions during the whole day. Additionally, before going to bed, I recite the Fourth Kalam many times. The biggest benefit is that I feel much lighter from within and I have started feeling positive energy surging within me.” - **Kartik, Ahmedabad**



“Jai Sat Chit Anand! I recite the Fourth Kalam ten times every day. Due to this, I have awareness of my negative thoughts and my speech and I can recognize what dislike, contempt, and intense contempt are. Now I tell myself firmly, “Avinash! Stop when you have dislike and do not let your intense mistakes increase further. Jai Sat Chit Anand!”

- **Avinash, Surat**



“Jai Sat Chit Anand! Reciting the Fourth Kalam every day helps me reduce the dislike that I had for the people around me. Initially, I could not see any difference, but then gradually, my dislike towards other people started reducing. I had a friend and due to his strange behavior, I developed a dislike towards him. Sometimes, I used to talk to him in a taunting manner. But now, I am trying to understand his situation, and I have also apologized to him. Definitely, the Fourth Kalam is helping me. I am surprised of the fact that if I keep reciting the Fourth Kalam, it can have magical results.”

- **Harsh, Rajkot**



By answering many such letters, the Aptaputra writes,

“I hope you all will recite the Fourth Kalam every day and will experience its extraordinary results. I will wait to hear your experiences in next year's shibir.”

- **Jai Sat Chit Anand!**

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#Poem

Nakki kyank unde pahela koi abhipray chhe..
koini hajri matra thi, akalaman thay chhe..

Kadach emni koi tev, apanne gamti nathi..
Nathi karan koi motu, pan jodi jamti nathi..

Ek vaar thai bhul, e biji vakhat na pan kare..
Pan abhipray ni chadeli dhul, kon khankhere..?

Nathi saav dosh emno, hisab aapno pan kharo..
Jo gnanioni drashtie juo, to male nyay kharo..

Abhav aavo j vadhta, dhire dhire tiraskar thayo..
Vani ke vartan na patthar marta, samane ghav padyo..

Pacchi evu thayu kharu, ke aavu na karyu hot to saru..
Dade divo pragtavi dodho, chhata tedi lavya andharu..

Antim upay chhe, paschatape bali chokkhu thavanu..
Aalochana, pratikraman, pratyakhyan na raste javanu..



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By Dada's Youth

March 2020

Year: 8. Issue: 11.

Cont. Issue: 83.

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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.

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