

# Akram Youth

April 2020 English

Dada Bhagwan Parivar

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You  
are  
worthless.

You  
are a  
thief.

A wound caused  
by a sword  
will heal, but a  
wound caused  
by speech will  
not.

We should speak in such sweet words  
that others experience coolness and our  
mind becomes delighted as well.

The **9** of  
power series 5

To Not Speak Harsh and  
Disparaging  
Language

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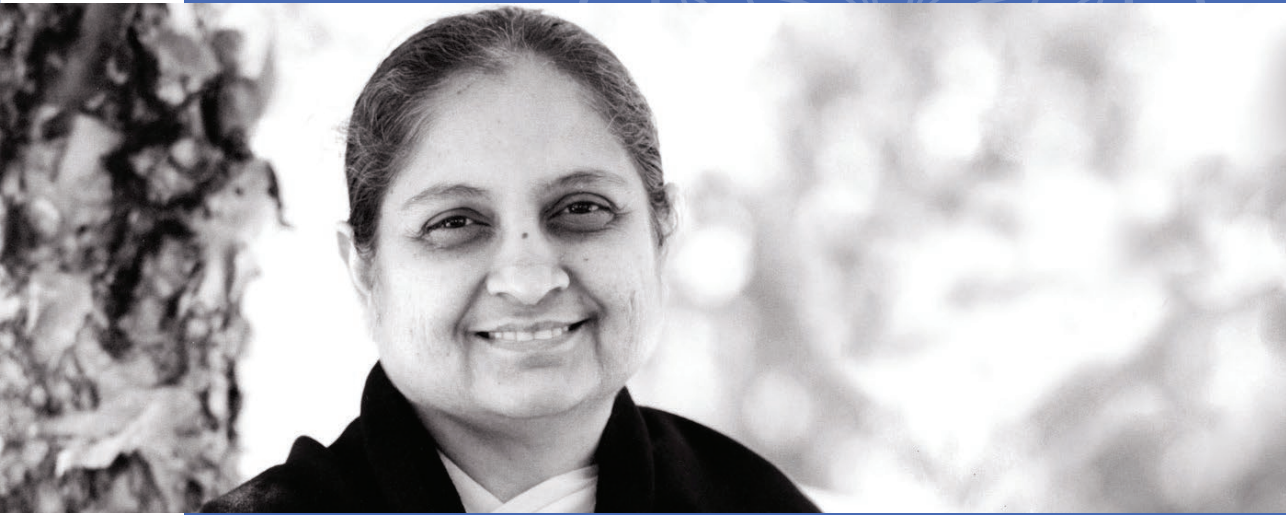
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# Editorial



Dear Friends,

Speech is a very effective medium for expressing our good or bad opinions, feelings, and emotions. It is the mirror of our personality. On one hand, speaking good words can improve relationships, while on the other hand, speaking harsh words can bind tremendous revenge. There is a saying, "A wound caused by a sword will heal, but a wound caused by speech will not." There have been many meaningful examples of this written throughout history. "Children of the blind are blind." We all know how this single sentence uttered by Draupadi, the wife of the Pandavas, sowed the seeds of the fierce battle of the Mahabharata between cousins.

We all have this simple intention that 'May no one be hurt by our speech.' Yet, we end up speaking with such words that cause hurt to our friends, family members, or those with who we have worldly interactions. This issue of Akram Youth is on the Fifth Kalam of the Nine Kalams, which gives us the energy to break through this weakness. I am confident, after reading this issue, your intention to speak in a way that is loved by everyone will become stronger after asking for the energy through the Fifth *Kalam*.

-Dimple Mehta

# A Glimpse of One of Dadashri's Books

## One Should Not Speak Harsh, Disparaging Language...



**Questioner:** The Fifth *Kalam*: "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."



**Dadashri:** You should not speak harsh language. If you end up speaking harsh language with someone and he feels hurt, then you should apologize to him in person [by saying], "Friend, I made a mistake, I am sorry, please forgive me." If you cannot tell him in person, then repent from within, 'I should not speak like this.'

**Questioner:** And we should remind ourselves repeatedly, to not speak like this.

**Dadashri:** Yes, you should think this over and repent over it. It will stop only if repentance is done. Otherwise, it will not stop automatically. It does not cease by simply saying [I'm sorry].

**Questioner:** What is *mrudu*, *ruju* language?

**Dadashri:** *Ruju* means it is straightforward and *mrudu* means it is with humility. When it [speech] is filled with utmost humility, it is considered *mrudu*. So you should speak language



that is straightforward and is with humility and ask for the energy to do so. In doing so, that energy will arise. If you spoke harsh language and your son felt hurt, then you should repent over it. And you should also tell your son, "I am sorry, please forgive me. I will not speak in this way again." This is the only way to improve the speech and 'this' is the only college.

**Questioner:** So what is the difference between harsh and disparaging language, and language that is with humility and is straightforward?

**Dadashri:** Many people use harsh language like, "You are worthless, you are a crook, you are a thief." They use words that we may never have heard before! Upon hearing harsh words, our heart may even come to a stop. Such harsh speech is never considered pleasant. Rather, one may think, 'Where is this coming from!' Harsh speech is egotistical.

And what does *tantilli* language mean? There is contention while competing with someone, isn't there? "See how well I cooked. And she does not even know how to cook." In the

**'I apologise.  
I won't speak  
like this again.'**

## The Essence of All Religion

(The Nine Kalam: The Essence of All the Scriptures)



As Expounded by Dada Bhagwan

same way, one becomes involved in contention, one starts to compete. This *tantilli* (disparaging) language is very bad.

Harsh and disparaging language should not be spoken. All the faults through speech are covered by these two words. So when you have spare time, you should keep asking Dada Bhagwan for energies. If you tend to speak unpleasantly, then ask for energy for the opposite; "Give me the energy to speak pure speech (*shuddha vani*). Give me the energy to speak speech that is accepted by all (*syadvaad vani*). Give me the energy to speak language that is straightforward and with humility. Keep asking for such [energy]. *Syadvaad vani* means speech that does not hurt anyone.

# Types of Languages

## Disparaging (*tantili*) Language

- Is with a lingering grudge.
- Is competitive.
- Is with prejudice.

## Harsh (*kathor*) Language

- Is egoistic.
- Is strict.
- Is that which wounds the other person.

## Language that is *mrudu* and *ruju*

- *Mrudu* means to be with humility.
- *Ruju* means to be straightforward.
- It is with reverence and discretion.
- It gives coolness to others.



# Do We ? Speak Like This

## Harsh language

Are you blind?! Can't you see?

All day it's just mobile, mobile, mobile!!! You will only improve after we send you to a hostel!

I told you once, so just do it. I don't want any unnecessary disturbances.

Are you stupid? Don't you understand even this much? Even a donkey is better than you.

No, you will not get the remote now. I will let you have it with the back of my hand if you prattle.

# Disparaging Language



Some people will only understand after receiving a beating.

The sun rises in the west; if you are actually able to understand me the first time around!

We are less comfortable with smart people, so we keep away from them!

Ha Ha... You are as straight as a jalebi!

The other day you called me blind, didn't you? Now, if I can't show you stars in the daytime, then change my name!

Be careful brother! It would be good to walk in a way that does not hurt anyone.

Hey dear, will you please help me a little first? You can then play with the mobile!

Please Brother, would it be ok to give you the remote in 15 minutes? This show is about to end.

Language that is with Humility and Straightforward

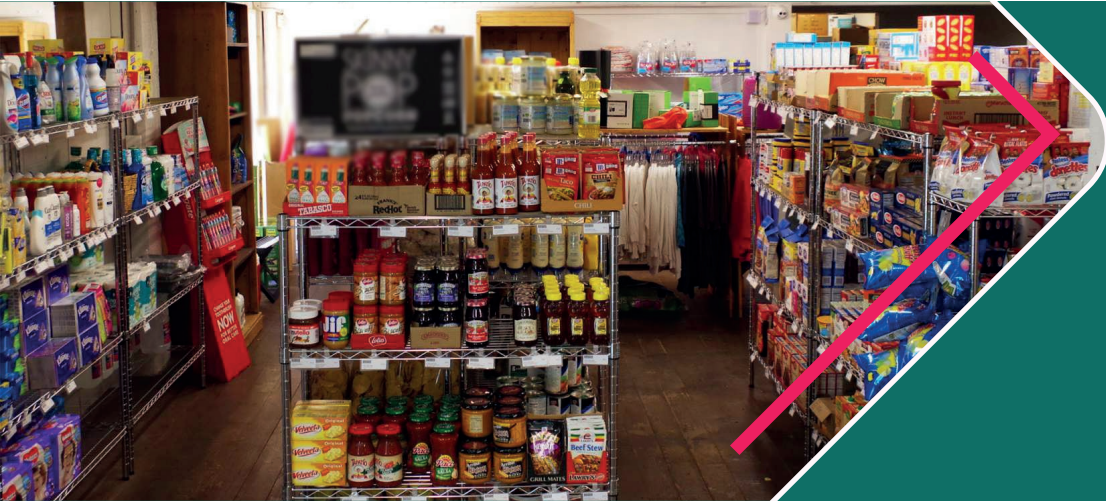


I am only expressing my point of view. You can think about it.

Hey buddy, this was not the way to do it. Let me teach you.



# Impression of Speech



Jackie tells Vicky, “Hey Vicky, carry on, I need to buy a few more things. I am just coming.”

**“But listen Jackie, you should make your purchases from that Khodiyar shop and not from the Shreenath shop located opposite to it.”** Vicky clarifies.

Jackie is a little surprised and asks, “Why is that Vicky? What is the difference? It doesn't matter where I buy from!”

Vicky adds, “Well, don't you know? If you ask any small child here, even he or she will tell you to go to Khodiyar.”

Jackie has a habit of not immediately believing in hearsay so he asks, “I want know why you are saying that...”

Then the voice of the gentleman working at the Sundaram Shop next door is heard speaking, “Son, your friend is telling the truth. Buy oly from Khodiyar”.

“Oh mister, that is my question. These are the two largest shops in the entire market and they both are opposite to each other. I think the prices will also be comparable. Then, why the Khodiyar Shop?” Jackie asks in return.

Listening to this conversation, Lakshman says to Jackie “You are cor-

ly goes to Harsh, "I'd like to speak with you for five minutes. Would that be possible?"

Harsh becomes a bit irritable and replies, "Yes, but make it quick. I haven't got much time." Jackie said, "I'm not sure if you know this or not but within this market, your shop and the Khodiyar Shop are almost identical. Yet, whenever I ask around, everyone praises and recommends the Khodiyar Shop. What is the reason?"

rect. But people will always go to those who are polite and courteous."

"What are you trying to say? Could you expand on it?" Jackie asks.

"When the Shreenath Shop was run by Harsh's father, Hasubhai, neither the staff nor the customers had any problem. But after Hasubhai's health deteriorated, Harsh took over the management." Lakshmanbhai sighs deeply and continues,

**"After fifteen years of working there, I left my job. The reason being that all I got was contemptuous rejection and insult."** Lakshmanbhai pauses while speaking.

Jackie goes to both the shops to check for himself and purchases two things from each. He finds the behaviour of both, Darshan from the Khodiyar Shop and Harsh from the Shreenath Shop, to be the same. Hence, he becomes more excited and immediate-

Harsh replies, "Sir, that's correct. All this is due to the effect of speech. Speech has the ability to mend or break. Six months ago, I wanted to sell my shop because nobody was interested in shopping here. In order to attract customers, I offered lower prices than the Khodiyar Shop, I renovated the store... I did everything. Even then, number of customers started to decline. The staff started to leave one after another. Finally, the oldest and most experienced staff Lakhshman left. I was extremely confused. That's when I remembered what my father had said during the last moments of his life, 'Son, it is not right for you to criticize and insult the staff on minor issues. It is also not right to be rude and not properly reply to the customers after they purchase things.'

I answered back. 'Talking sweetly during work is called flattering!'

My father emphasized, 'Our speech is very important when deal-

ing with people. You won't be able to run the shop for very long this way. No matter how good their salary may be, no one will stay on the job if we say words that hurt.'

At that time my ego was so inflated that I did not listen to a single word of my father. Lakshmanbhai was hurt by my words. Otherwise, such a sincere man would not have left like this." Harsh says remorsefully.

**"You have realized your mistake. However, why are people still reluctant to come to this shop?" Jackie asks.**

"Sir, even though I have understood everything, how can changes come into reality overnight? Just look at the irritable words that came out with you! Please forgive me for that." Harsh says with hands folded together.

"This is the result of wounds inflicted on people in the past. It's not their fault. Nonetheless, I am changing for the better. This method of reviving the shop is probably not as fast as offering sales, but it is the correct way. Just like purifying water before drinking it removes its impurities, preventing one from getting a disease, similarly, by filtering bitterness from our words when we speak, we will prevent harm to others. This is understanding, not flattery."

**Hurtful speech ultimately leads to self-harm. So make sure your intention is 'not to hurt anyone by my speech', and if you do, then ask for forgiveness. It will bring happiness to us and to others.**

Just like purifying water before drinking it removes its impurities, preventing one from getting a disease, similarly, by filtering bitterness from our words when we speak will prevent harm to others.



# Q & A

**Question:** What is, '*karyu*, *karavyu*, and *anumodiyu*'?

**Answer:** '*Karvu*' means we have done the deed ourselves.

'*Karavyu*' means to have caused someone to do the deed.

'*Anumodiyu*' means to have encouraged the person that has done a deed, whether it be good or bad.

Ishita is an officer at a company. Ishita's boss tells her, "The office

staff is not arriving on time. Therefore, have a meeting with everyone and scold them firmly to let them know that this will not be tolerated from now on." Ishita is hesitant to do this. However, the H. R. manager, Mosami, explains to her, "Look, there is nothing wrong in scolding someone to straighten him or her out. Tell them that if they don't follow through, then the boss will be disappointed." In this manner, Mosami gives Ishita courage, while also explaining how to scold the staff.

So the next day Ishita scolds the staff.

In this scenario, who can we say did the deed? Ishita.

Who caused her to do the deed? Ishita's boss.

And who encouraged her to do the deed? Mosami.

# Activity

---

Friends, let's take a small quiz to see what you've understood regarding *karyu*, *karavyu*, and *anumodyu*!

First, let me give you an example. Have a look, understand it, and then take the quiz.

In every situation, find out who did the deed, who caused that person to do the deed, and who encouraged that person to do the deed.

For example: The King orders the army to go to war. The army fights and kills thousands of people. The Queen is very happy with this decision of the King and says, "The army of that kingdom deserves to be killed."

Who did the deed? The army

Who caused them to do the deed? The King

Who encouraged them to do the deed? The Queen

1. The government's cleaning staff takes out the trash. The staff's salaries are paid by the government. People support this government service.

2. During Sports Day at the college, the final cricket match was being played by sports teacher Vikram Bhatt. Batsman Ravi hits a sixer on the first ball. Everyone in the audience cheers him on with a huge round of applause.

3. Riya suggests to Krupa, "This photo of yours is really nice. Post it on social media." After Krupa posts it on social media, her friends send comments.

"Awesome."

"Beautiful style."

"What an attitude!"



1) Who did the deed? .....

Who caused them to do the deed?

.....

Who encouraged them to do the deed? .....

2) Who did the deed? .....

Who caused them to do the deed?

.....

Who encouraged them to do the deed? .....

3) Who did the deed? .....

Who caused them to do the deed?

.....

Who encouraged them to do the deed? .....



# Let Us Understand Through an Experiment

Here is a beautiful experiment that clearly shows the essence of speech. Through this experiment, we will understand whether our manner of speaking is helpful to others or hurtful.

**For this we will require two things: cotton balls and sandpaper**

**First round :** Rub the cotton ball strongly and speedily on your hand.

**Second round:** Rub the sandpaper on your hand. Rub strongly.

(Note: Make sure that you don't injure yourself.)

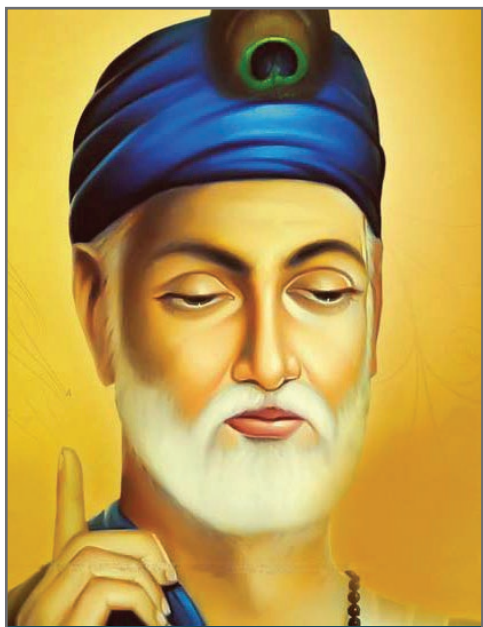


## What did you notice?

The cotton balls felt light, soft and smooth. Whereas the sandpaper felt rough, sharp, and painful, didn't it?

In the same way, if our words are like cotton balls, then the words will be smooth and soft to other person, and he or she will enjoy them. But if sandpaper can scratch plastic and wood, then sandpaper-like words can tear one's heart and feelings. Despicable words and taunts are hurtful to others.

**So we should be aware of whether the words that are coming out are like cotton or sandpaper.**



## Sant Kabir Saheb

Sant Kabir Saheb was a very famous, learned saint and poet of the 15th century.

The collection of *Dohas* (poems) composed by him, which is famously known as “**Kabir Amrutvani**”, is still read and heard on a large scale to this day. He has played the role of an ideal teacher and social reformer through his compositions.

### One of the many inspirational *Dohas* by Kabir Saheb,

ऐसी बानी बोलिए, मन का आपा खोये ।  
औरन को शीतल करे, आपहुं शीतल होए ॥

One should  
speak such sweet  
speech that others  
experience coolness  
and calmness while  
our own mind is also  
satisfied.

Another *Doha* states,

Speaking bitter words is a very bad thing. Bitter words do not bring closure to anything. Whereas speech of a saint is equal to water and works like the nectar of immortality.

कुटिल वचन सबसे बुरा, जा से होत न चार ।  
साधु वचन जल रूप है, बरसे अमृत धार ॥

Kabir Saheb further says,

बोली एक अनमोल है, जो कोई बोलै जानि ।  
हिये तराजू तौलि के, तब मुख बाहर आनि ॥

The person who speaks nice words is the one who knows that speech is a priceless jewel. Therefore, when speaking with a heavy heart, one must carefully weigh each word before letting them come out of one's mouth.

It is said that, **"A wound caused by a sword heals sooner or later, but a wound caused by bitter words never heals."** Hence, only speak sweet words that are required at the time.

**Speech is a unique gift from God. And its sweetness is the key to opening the doors of any heart. Our education, cultural values, traditions, and limitations can be determined from our speech.**

# Gnani With Youth



**Questioner:** I am working as a manager in a Company. What kind of speech should I have during my daily dealings?



**Pujyashree:** Dada says, our speech should not be harsh. It should be straightforward, with humility, and with reverence.

I had heard this once. There was a crowd standing outside a commissioner's office. The peon there was saying, "Ladies and gentlemen, please come under the fan where it is cool. Please sit over here quietly." He could have said, "Move! Move!" But, he did not. This is also wisdom! He speaks such nice words. How nice and humble it feels!! He was not speaking harsh words such as, "Move from there! Move away from the door! Go away! Why can't you understand?" This is also a nice way of speaking. This is something worth learning.

People who are speaking are not actually listening, but those who are sitting quietly are listening to [the announcement] "Sit quietly!" Those who are sitting quietly would feel, "We are listening. We are sitting quietly." Those who are listening would feel that very strong, hurtful language is being spoken. So all of those involved with management, along with the organizers, need to be very affectionate. Now, the words of a compassionate person are so sweet, and he is so influential that everyone becomes quiet the moment he arrives. On the other hand, no one reads signboards, which display the words "Keep calm, don't make noise".

# Experiences

For the last year, I have started reciting the Fifth Kalam regularly, and the reason was due to my harsh and disparaging speech. My nature is very short tempered and because of that temper I was not aware of the words that I was speaking. At that time, my speech would come out in such a way that the other person would get hurt. After my temper cooled down, I would be very regretful and do lots of pratikraman. In spite of doing that, it felt like this was not making any difference. This happened with family members, especially with my husband. With my husband, I give him an earful at least once a day. There is no discretion at that time.

I work in a school and the same thing happens there with children and other staff. Family members may not say anything, but this type of behaviour results in divisiveness when dealing with others. Sometimes they give me an earful, which cause me a lot of suffering.

Initially, I did not notice any changes after I started reciting the Fifth Kalam. However, I later realised that I would lose my temper at least once a day some reason or the other. At that time, I would be on the verge of speaking harshly, but suddenly I would become silent. A few seconds later, I would say to myself, "Dada, it is a good thing that this type of speech did not come out". I recite the Fifth as many times as I can think of it in a day. Then I ask Dada for strength. "Give me the energy to speak language that is straightforward and with humility".

Today, I feel that because of this, the frequency of speaking harsh language has decreased and the suffering caused by it has also stopped.

- Madhviben



# Experiences of the Akram Youth Team



## **Druvi:**

Reciting the Fifth *Kalam* everyday allows me to remain in humility with all.

## **Happy:**

My harsh language has not completely stopped from the time that I started reciting the Fifth *Kalam*. But at least after I speak harsh words, the thought crosses in my mind that this is wrong, and I regret saying it in that manner. I could have said it in a peaceful manner.

## **Rhythm:**

After I started reciting the Fifth *Kalam*, whenever bad words come out, I am warned from within, "What are you doing? You should not speak like that." Whatever little I have said, I immediately do *pratikraman*.

## **Monali:**

When I used to have to interact with children, I would get very angry thinking, "These people don't understand anything." I would get irritated in this manner and would speak in any which way. However, I stopped losing my temper with children from the time I began reciting the Fifth *Kalam*. But now, I deal with them calmly and peacefully.



# #Poem

Nathi raheti khabar shabdo kevi rite bolaay chhe...  
ke nathi khyaal vaanithi kon ketlu dajhaay che....?

jibhnaa dhanushthi ahin vanina tir maraay che....  
har vakhate vanithi koi ne koi nirdosh ghvaay che....

koi sabdo saamo thyo ne tyan manbhed rahi gayo....  
nabdo boli na shakyo ne kaayamno khed rahi gayo...

menaa-tonaa ne kyaarek krodh aa vanima kashay che...  
taanto koi majbut rahi gayo ante ver bani jaay che..

rog to mare ek bhav pan vanina ghaa saathe jaay che.....  
dilthi pratikraman karo, koinu hraday haji dubhaai che...

praathana karo etli, vani komal koini lhaay dhaare....  
nahinter etlu to avashya ho, talvaar jem ghaa na maare....

ne saamo jo bole ven kathor evo hu paratikaar n karu...  
Gnanio kahi gaya etlu, ek bhaav to dilthi anusaru...



By Dada's Youth

# Akram Challenge

Keep Calm and Pray On!!



In times of emotional or physical hardship, it's easy to feel helpless. Prayer is a wonderful thing as it can provide us and the world with comfort and hope that better times are just around the corner. As Pujyashree suggested, let's take some time to do the Jagat Kalyan Bhavna for the well being of all living beings in the universe. In order to help in a positive way, the GNC team has thought of this Akram Challenge.

## The goal for the challenge is to:

1. Pick a language of your preference
2. Record yourself on selfie mode while singing Dada's "Jagat Kalyan Ni Bhavna"
3. Nominate \*minimum 3\* other \*Mahatmas\*. Tag and upload the video to your facebook, youtube, Instagram, etc.

Remember to use **#jagatkalayanbhavna** in the description.

**Let's keep this positive chain of prayer going. TAG! You're it!**

Watch Akram Challenge videos  
By Searching **#jagatkalayanbhavna** on



Scan qr cod to  
listen Jagat  
Kalyan Ni  
Bhavna song



**Youth website link:**

<https://youth.dadabhagwan.org/youth-in-action/akramchallenge/>

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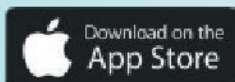
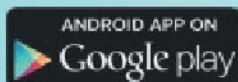
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**9 Akram Youth**

**9 Kalams**

**15 Questions For Every Month**



**Send your suggestions and feedback at :** [akramyouth@dadabhagwan.org](mailto:akramyouth@dadabhagwan.org)

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