

Akram Youth

September 2020 English

Dada Bhagwan Parivar



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O_1 T_3

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Editorial



Dear friends,

We have all heard the saying, 'Slow and steady wins the race' and 'Fruits of patience are sweet' many times. Those that are near and dear to us have advised us many times according to these sayings. In today's fast-paced world, the word 'Patience' seems to mean slow. However, to be able to handle any situation in life and be successful,

patience is required. If you think about it carefully, you will realize that many times we have made hasty decisions which we had to repent for later on, or we got depressed about petty things. The main reason behind this is a lack of patience. Because of the current Covid-19 pandemic, everyone has had to face many types of difficulties whether big or small, and people are on the verge of losing their patience. Are you also beginning to lose your patience? This is quite common in people of your age, but to lose patience in every little matter is a sign of weakness. To come out of this weakness, we would like to discuss the concept in this month's Akram Youth magazine. So, let's read ahead and develop our personality with this special quality called 'Patience'.

- Jai Sat Chit Anand

- Dimple Mehta

Patience

According to
Great Leaders

“Patience is not something to be kept, but patience is something to be learnt. How can patience be learnt? It can be learnt by sitting next to and observing a patient person.” • **Dada Bhagwan**

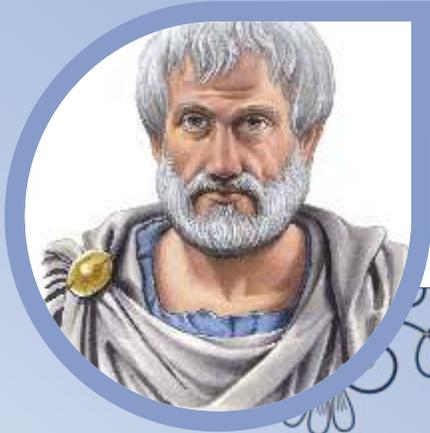


“There is no mistake bigger than hatred, and there is nothing more powerful than being patient. So that is why I try to learn patience in every way.” - **Buddha**



“Success can be achieved through patience, perseverance, and hard work.”
- **Napoleon Hill**

“Patience and time are the most powerful warriors.”
- **Leo Tolstoy**



“Patience is bitter, but its fruits are sweet.”
- **Aristotle**

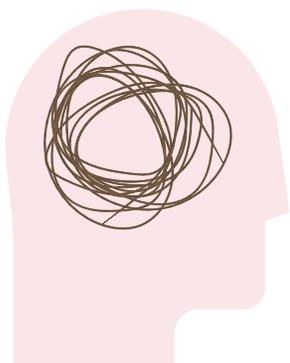
“To lose patience means to lose the battle.”
- **Mahatma Gandhi**



Gnani With Youth



The Intellect Makes Us Emotional, and Patience Does Not Remain When the Intellect Is Used



Questioner: What is patience? Why are we not able to remain patient among the smallest of problems? Pujyashree, you are the absolute example of patience, you do not lose patience even when people repeatedly keep asking the same questions. How do you remain patient?

Pujyashree: What is our intellect like? It makes us emotional. “Hurry up, hurry up, he isn’t listening. I’ve told him three times, yet he’s still not listening.” That is how the intellect makes us emotional, and patience does not remain when the intellect is used. Patience remains either through the heart or through right understanding, and what does the intellect do? It always shows faults of others. ‘He doesn’t listen, he doesn’t understand, he just doesn’t have any skills, he is like this, he is hopeless.’ This is what the intellect shows. So then one becomes emotional. Whereas, what does the heart say? ‘I have also made such mistakes, have I not? I don’t want to hurt him. It is fine if he talks bad about me, but let me win him over with love by considering him to be one of us.’ Patience comes in handy there. To put it in Dadashri’s words..., What does

Niruma say? *“Use the intellect to solve problems, not for any person.”* If there is a problem, a loss is incurred or something breaks, then think, “Now how should we solve this problem?” Find the solution by thinking like that. Do not see the person as being at fault. Then patience will be maintained, and if we do not use our intellect for the person, then we will not get emotional. By not seeing faults of others, when someone breaks a glass, think ‘I have

also made such mistakes, I do not want to hurt him, I do not want to see him as being at fault.’ Think like this and tell the person to be careful next time and move on, then we will be able to solve things patiently. So, with the right understanding we can remain patient and with less understanding we will become impatient, do you understand?

Questioner: Yes, Pujyashree.



*“Use the intellect to solve problems,
not for any person.”*



Akram Pedia

Name: Aayush Mehta
Age: 20 Years

Hello friends,

Today is Sunday, which means it is a day to rest. I was reading the Sunday newspaper on my balcony after finishing breakfast. It had been barely 5 minutes or so when I heard arguments between my neighbors, Ramnik Uncle and Shammi Auntie. This was almost a daily occurrence. Uncle needed tea early in the morning, and auntie wouldn't enter the kitchen until after she had finished her prayers and daily rituals. I have been observing their squabbles since my childhood. Upon hearing all this, another neighbor of mine, Jashuba, always used to say, "This Ramnik never learned how to be patient in 20 years of his marriage. The fruit of patience is always sweet." Then I used to tell her, "Look at me Jashuba. See how patient I am! No matter how much my mom wants me to finish my homework quickly, I always write patiently and slowly." She laughed and said, "Ayush, my child, patience does not have anything to do with being slow or fast. In situations where we generally become impatient, we should calm ourselves through the right understanding; that is patience. Dada says, "Patience is not something to be kept, but patience is something that is to be learnt. How can patience be learnt? It can be learnt by sitting besides and observing a patient person."

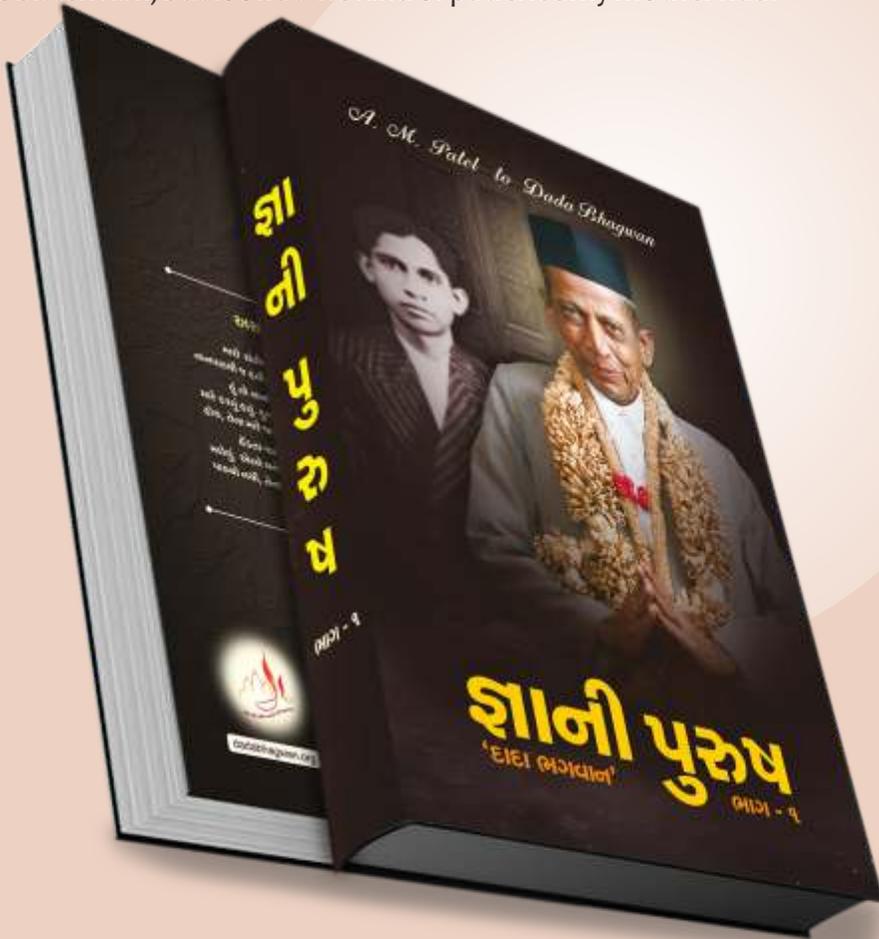
I asked, "Then whom did Dada learn patience from?" Jashuba thought I was joking with her, she replied, "I will let you know when I find out." She said that and walked away. From a young age, I used to love listening to her stories. All the credit of me becoming a part of the Dada Bhagwan family goes to her.

When I went to get blessings from Jashuba on my birthday two years ago, she gifted me the book Gnani Purush. Since I was very fond of reading, I got so excited that I started reading this book that very night. I received all the answers from this book, even the ones

that Jashuba couldn't answer...

Questioner: So was she a patient person?

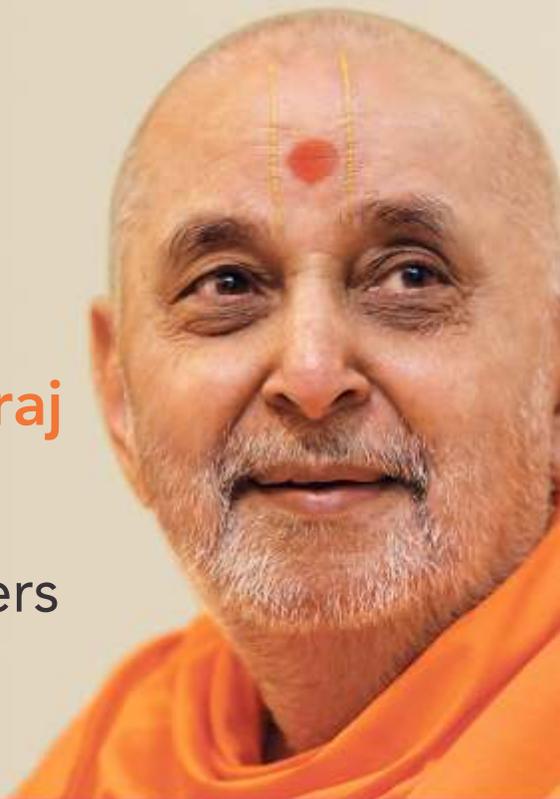
Dadashri: Yes. It so happened that my father had slept outside in the front yard that night. A large 5-7 foot snake came out. It climbed on to him from his head, and that is when my mother saw it. It went away after crawling all over his body. Then my mother woke my father up and told him, "You slept out in the open. A large snake crawled all over your body and slithered away. Take a bath with the warm water I have prepared for you." Had my mother not maintained this kind of equanimity and patience, then my father would have woken up startled. My father would have thought that the snake will bite him. And the snake would have thought that my father will hurt it. So the snake would have bitten him, but look at the kind of patience my mother had!



Dada learned to be patient by observing his mother, Zaverba. Similarly, Niruma learned by observing Dada, and Pujyashree learned by observing Niruma. And now, we will learn to be patient by observing Pujyashree, right?

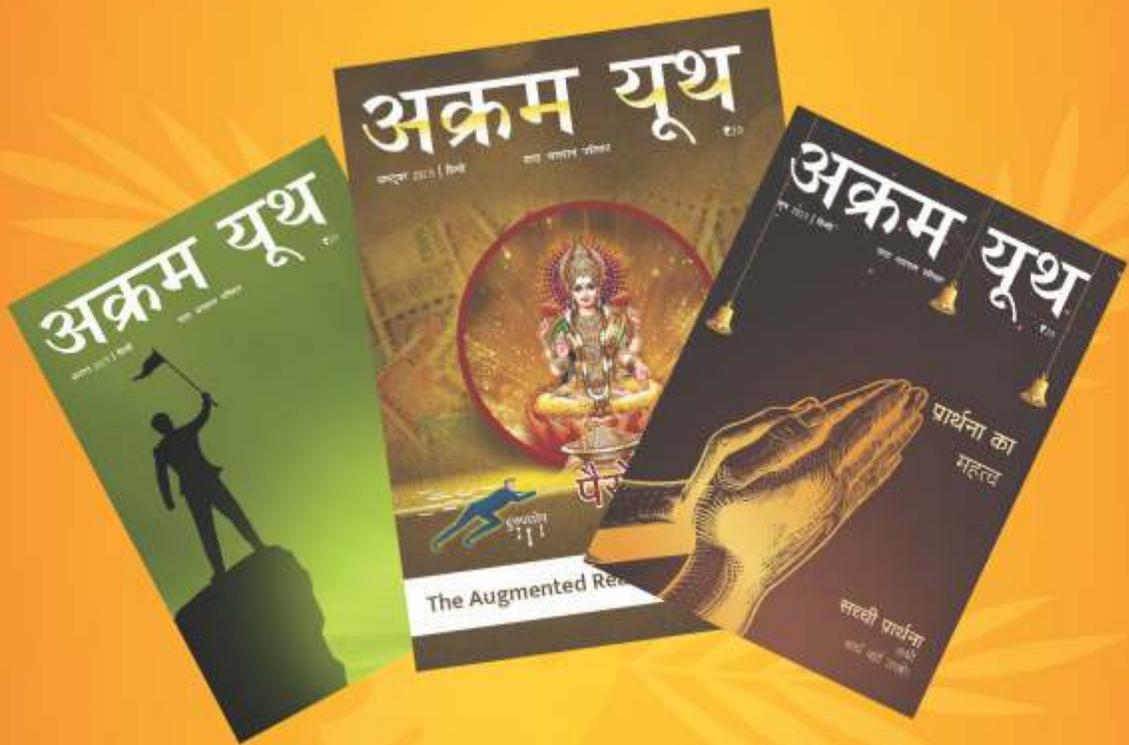
Venerable Pramukh Swami Maharaj

Glimpses of Great Leaders



Absolutely revered Pramukh Swami Maharaj was in Sarangpur. He was giving blessings to his devotees in the evening. At this time, an old man came with a bag of garments. He had the desire to adorn Pramukh Swami Maharaj with them. So, he came close to Pramukh Swami Maharaj, put the bag down, removed one garment, and adorned Pramukh Swami Maharaj with it. Just as he was about to take out another garment from his bag, two saints who were standing there told him, “Sir, by giving him one garment to wear, all your other garments are also now considered as religious offerings. So give them to others to wear.” The devotee said, “No, I have taken a religious vow to give all the garments to Pramukh Swami Maharaj only.” The saint replied, “There are many visitors in line and it is already late evening. It will delay things as Pramukh Swami Maharaj also has to go on a visit to Smriti Mandir.” But the devotee would not listen. Pramukh Swami tapped the hands of the two saints and gestured saying, “Let him do it.” While taking his time adorning Pramukh Swami Maharaj with the garments, the devotee said, “You all are in a hurry, but Pramukh Swami Maharaj is in no hurry at all.” Everyone laughed. The devotee took his time adorning Him with eight garments, and while adorning the last garment, he said, “Swami, I want to adorn you with this last garment according to your style.” The saint [standing nearby] said, “You can adorn the last one in the same way as you have done with the previous eight garments.” Then Pramukh Swami Maharaj said, “If he had no problem in carrying so many garments all the way from his village, then why should I have a problem in wearing them while sitting here? We can maintain patience by understanding the other person’s feelings and intentions.”

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from youth.dadabhagwan.org or from the
Dada Bhagwan app.



1) Samyak has to study a lot for his exam tomorrow and he is getting disturbed by the loud music coming from his neighbor's party. What should he do?

1. Play music even louder than his neighbors.
2. Complain to the secretary of the society.
3. He should set the understanding that every situation has an end, and he should spend that time studying through online videos.
4. Go to sleep thinking, 'I have already been studying the whole year.'



2) Yug is late for college and today is the last day to submit his project. There is a traffic jam on the road because of some diversion, so what should he do?

1. Keep honking his horn.
2. He should have left early from home.
3. Blame the government for improper work.
4. Use the wrong side of the road to get out of there and change his route.

3) Kruti has been told by her mom to get groceries from the supermarket. Kruti gets tired and loses her patience while standing in a long queue at the supermarket's billing counter. What should she do?

1. Go to another counter.
2. Complain to the manager and leave without buying anything.
3. Stay in line and be patient.
4. Play a game on her cell phone as she waits.

4) Shashwat gifted a cell phone to his grandfather. He has been teaching his grandfather different features of the phone, but his grandfather still does not understand how it works. What should he do?

1. Teach him the features one by one until he understands, instead of teaching him everything at once.
2. He should have considered gifting him the Ramayan or Mahabharat instead of a phone.
3. Tell his grandfather to learn it from someone else.
4. Leave him after saying, "I will teach you some other time."

5) Jagruti has started her own business after quitting her government job. She is growing impatient as her business is not running as successfully as she had anticipated. Thoughts of what to do or what not to do are stressing her out and it is also affecting her health. What should she do?

1. Sleep and watch motivational programs and comedy shows to maintain her health.
2. Figure out the triggers that lead to impatience and work on them through yoga, exercise and meditation to stay fit and have a clear mind.
3. Look for a job rather than do a business.
4. Forget about this business and start a new one. Keep trying different businesses until she succeeds.

Corona

Hello friends, do you remember the time when there was a lockdown? I was very upset and disturbed. But do you know what Kanishk and Siddha did during this lockdown? Come with me, let us revisit the lockdown!

This lockdown period is so long! But it is fine. During this lockdown, I will read many new books at home and explore new knowledge.

Mom, I will help you in the kitchen and try new recipes.

Mom and Dad, while playing carrom with you, I didn't even realize how much time had passed! And I even recalled childhood memories .

Dear Lord! Please remove all the hardships people have had to face during this lockdown.

Param, let me teach you some new features on the laptop.



Kanishk

Lockdown

21 day lockdown! Oh my God! I will have to stay at home for all these days and I will also have to cancel my trip with my friends!

At home, I won't get to eat different kinds of food. When will all the restaurants reopen?

I am not able to finish this level on this videogame! Moreover, I do not have any lives left and I will receive a new life after thirty minutes! What will I do until then?!

This lockdown keeps on extending instead of ending! I'll definitely go crazy sitting at home!

Pinky, enough of this! You have been watching your stupid cartoon for one hour! Now let me watch my favorite movie.

**So, what do you think?
Whose lockdown passed by happily?**

Siddha



Being Patient



If We Remain Patient Then...

- Our common sense develops when we remain patient in confusing situations.

- With patience, we can understand each other's viewpoints during conversations.

- If we remain patient instead of being impatient, we can get good results in any challenging situation.

- Being patient helps us learn to adjust during family problems.

- Patience increases our concentration power.

- During hard times, instead of feeling scared, patience allows us to achieve our goals.

- With patience we can accomplish our goals without the fear of the work getting spoiled.

- If we learn to maintain patience while speaking or giving opinions then we can stop relationships from getting spoiled.

Or Impatient?

If We Don't Remain Patient Then...

- By being impatient, the work can get spoiled instead of improving.

- Due to a lack of patience and tolerance, a person may lose great opportunities.

- Impatience only leads us to failure and disappointment.

- If we don't prepare for our exams with patience and steadiness, we may forget everything we have learnt.

- The generation gap widens if we don't keep patience when dealing with our parents.

- At school, when working with a team, if we become impatient and take hasty decisions, it may create obstacles for the work.



Marshmallow Experiment

In 1972, Walter Mischel, a great psychologist, conducted an experiment on marshmallows at Stanford University. In the 1960's, he conducted an experiment to test the willpower of people. He gathered some 4-year-olds and put a big marshmallow in front of each one of them. He said that if they waited for fifteen minutes and didn't eat the marshmallow, they would get a second one. If they failed to wait, they would only get one.

He left the kids in a room and observed them through a transparent glass from outside. Some children ate the marshmallow immediately, and some children waited initially, but eventually began eating the marshmallow out of temptation. Only 30% of the children managed to wait.

After 40 years, when he checked up on them, he saw that the kids who had managed to successfully wait for fifteen minutes were working in senior positions and were living fulfilling and happy lives.

This long experiment shows us the effect patience can have on our lives.



A Glimpse of One of Dadashri's Books



The Amount of Natural Real Spiritual Effort!

Dadashri: Are you running your entire business?

Questioner: Yes.

Dadashri: Are you not facing any stress?

Questioner: No, nothing like that is happening.

Dadashri: [You] are enjoying your business, right? You are not having any problems because of all this merit karma!

Questioner: Whether the money arising from merit karma will come to us or not, shouldn't there be some natural effort for it?

Dadashri: What should the effort for money acquired through merit karma be like? It is actually an effort that is straightforward and smooth. Instead, we make that which is straightforward and smooth exceedingly difficult due to a lack of understanding.

Questioner: If I feel that it is not straightforward and smooth, rather, it is difficult, then should I abandon it? If I feel

that I don't have so much merit karma that money will come through straightforward means, then should I become natural there?

Dadashri: No, no. If you maintain patience, then everything turns out to be straightforward on its own! However, as it is, patience does not remain, and one hustles and bustles and everything becomes spoiled.

Questioner: Patience does not remain, and I think, 'I will do this, and I will do that.'

Dadashri: Yes, and by thinking, 'I will do this, and I will do that,' one creates entanglements. Even when he has to catch a train, he does not have any patience. In that situation, does he drink a cup of tea in peace? No. He is focused only on, 'The train will come now, the train will come now.' If you tell him, "Dear fellow, come here, I want to talk to you." Even then he does not listen. Out of impatience, he thinks, 'I will do this, I will do that.' Consequently, he experiences clashes and exhaustion.



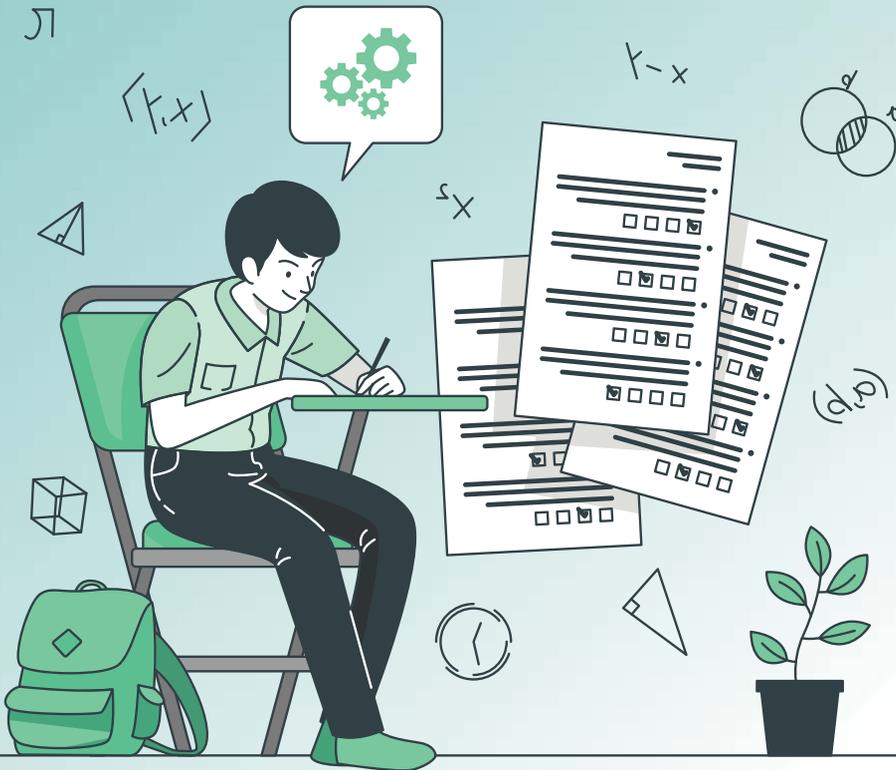
Dada Bhagwan

Carves an Extraordinary Idol

Let's hear about Pujya Dadashri's patience from Niruma:

Niruma: If I made mistakes, even five hundred times over, Dadashri would never point them out. He would only point them out when he wanted to, and it was with full spiritual awareness. Really, he would wait for six months before saying, "You made this mistake." What a superhuman he was! There were times when he went twenty years without saying anything to me! He has pointed out [my mistakes] even after twenty years! What extraordinary capacity he had! His words would not just come out randomly. He only said them when he wanted to. He would wait for the right time when our 'receiver' was ready to absorb it, then he would say it. Whereas we simply throw the words at the recipient, even when his 'receiver' is closed!

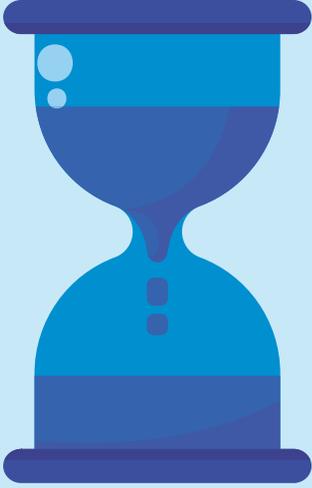
Experience



I was in my final year of college, the dates for the final exams had been announced and I also had to submit a project. None of my friends did the project by themselves. They all thought it was a waste of time! So they paid someone to do it. But I didn't feel that the project was a waste of time. So I decided to do it myself, as we were going to get marks for reading it aloud in class. As I started working on it, my laptop stopped working. I somehow managed to get it repaired. Then there were queries that arose which I solved after a lot of hard work. Many problems arose while I was working on the project, but I dealt with them patiently and as a result, I was able to solve all the problems one after the other. As I had done the project on my own, I received good marks while reading it and it greatly increased my self-confidence.

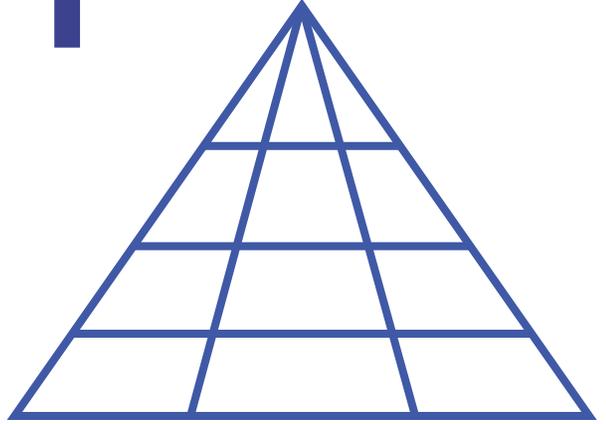
-Meera Indrodiya

Puzzle

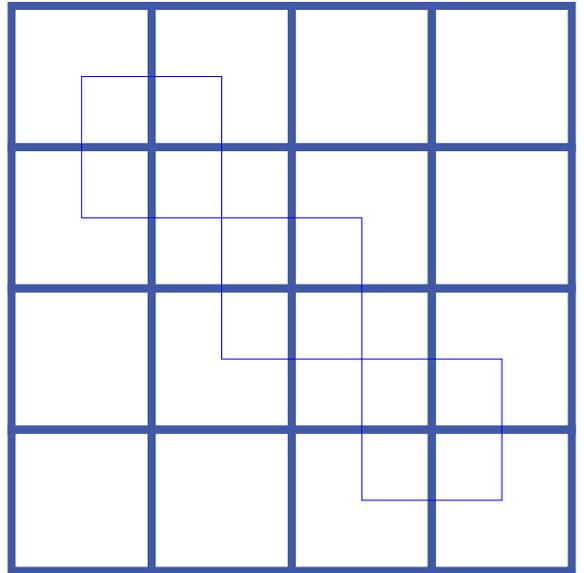


The Patience Test

1 Count the number of triangles in the picture below.



2 Count the number of squares in the picture below.



Answer: Number of triangles: 24, Number of squares: 51

#Poem

Kehvay che ene j ek sachu vir, khara samay sanjoge dhare che je dhir!
Male j che samadhan, darek samasyanu; bus shantrahine che tare vicharvanu.

Karya che a avishkaro jemne, khape ketli dhiraj? Koi pucho emne!
Thodi raah jo ane, kar thodo inthejar, akdaman maa am kai tu dhairiya na haar.

Karje na kyarey tu jara pan utaavad, madshe jarur tane dhirajna mitheraa fad!
Darek stithi no nishchit j hoy che anth, jaruri che thodi dhiraj ane thodo khandh.

Che kshamtaao taaraa ma tu che shaktiman! Rahi sthir ane shanth, ban tu dhirajvaan
Khoi basis tu dhiraj to kem chalshe? Su jane aatmavishwas re kem khilshe?

Aadhin hardam hammesh dhairyavirne raheje tu,
dhairya emnu joi joi ne dhairyavaan banje tu!



By Dada's Youth

September 2020

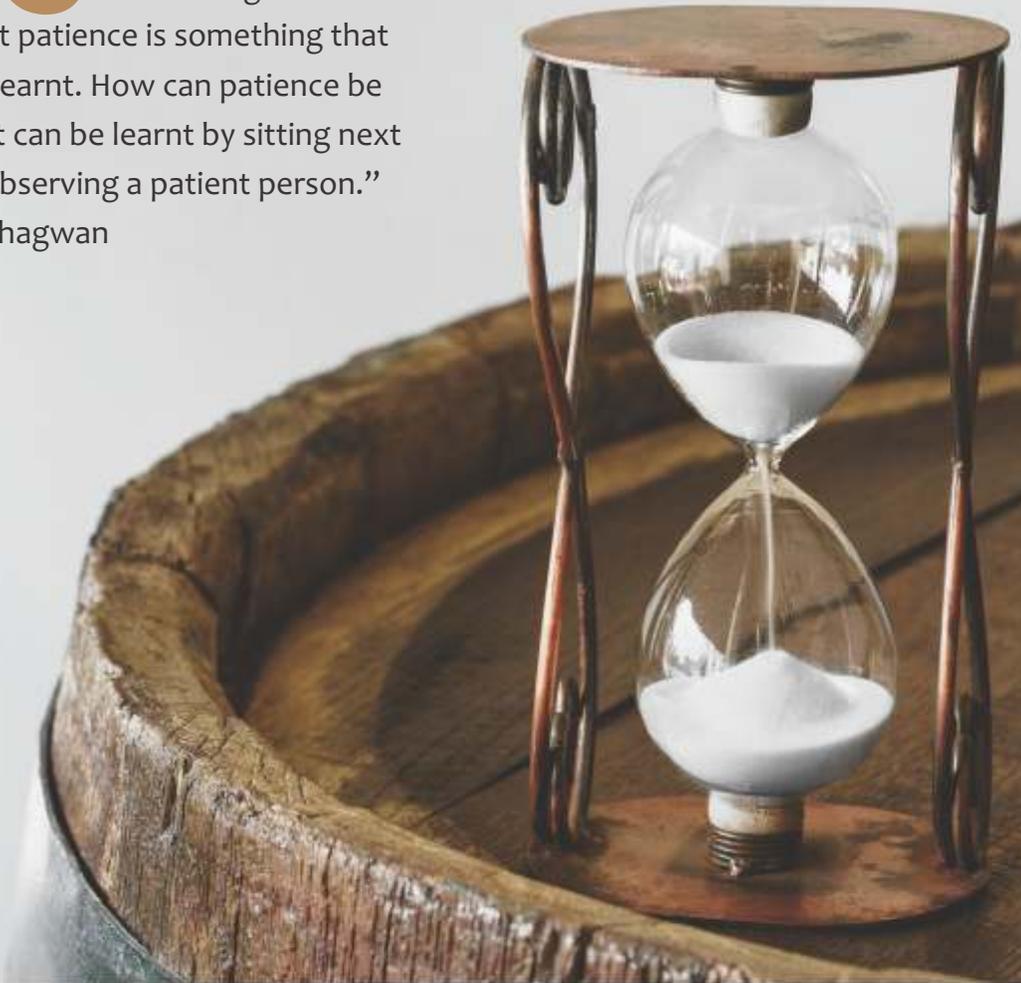
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- Dada Bhagwan



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

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