

# Akram Youth

April 2021 English

Dada Bhagwan Parivar

## How to ADJUST !

*A comprehensive guide for Beginners*

'The one who knows how to  
adjust to others will not have  
any suffering at all. Therefore,  
adjust everywhere.'

-Dadashri



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### Contact:

Gnani Ni Chhayama (GNC),  
Trimandir Sankul,  
Simandhar City,  
Ahmedabad Kalol Highway,  
Adalaj, Dist. Gandhinagar,  
Gujarat-382421  
Phone: (079) 39830100

email: [akramyouth@dadabhagwan.org](mailto:akramyouth@dadabhagwan.org)  
website: [youth.dadabhagwan.org](http://youth.dadabhagwan.org)  
store: [dadabhagwan.org/akram-youth](http://dadabhagwan.org/akram-youth)

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# Editorial

In life, if we, ourselves, do not adjust with others through right understanding in every instance, then terrible conflicts will continue to occur. Life will become poisonous and ultimately the world will forcefully make us adjust. Willingly or unwillingly you will have to adjust wherever you go, so why not adjust with understanding in order to prevent numerous conflicts and establish peace and happiness.


Therefore, whoever lives using the master key of 'adjust everywhere,' will not come upon any 'lock' in life that cannot be opened. If we apply revered Gnani Purush Dadashri's golden maxim 'adjust everywhere' in life, then worldly life will become filled with happiness!

- Dimple Mehta

Many times, we have to deal with people whom we don't understand. Even though we have no such desire, yet we end up getting into a clash with that person or quarrel with that person for no reason. In the end we feel hurt, or we end up hurting the other person.

Is there any way to deal with such different kinds of people with different personalities with ease?

Let us look at our everyday life, what kind of people do we have to deal with? How can we deal with them without clashing?

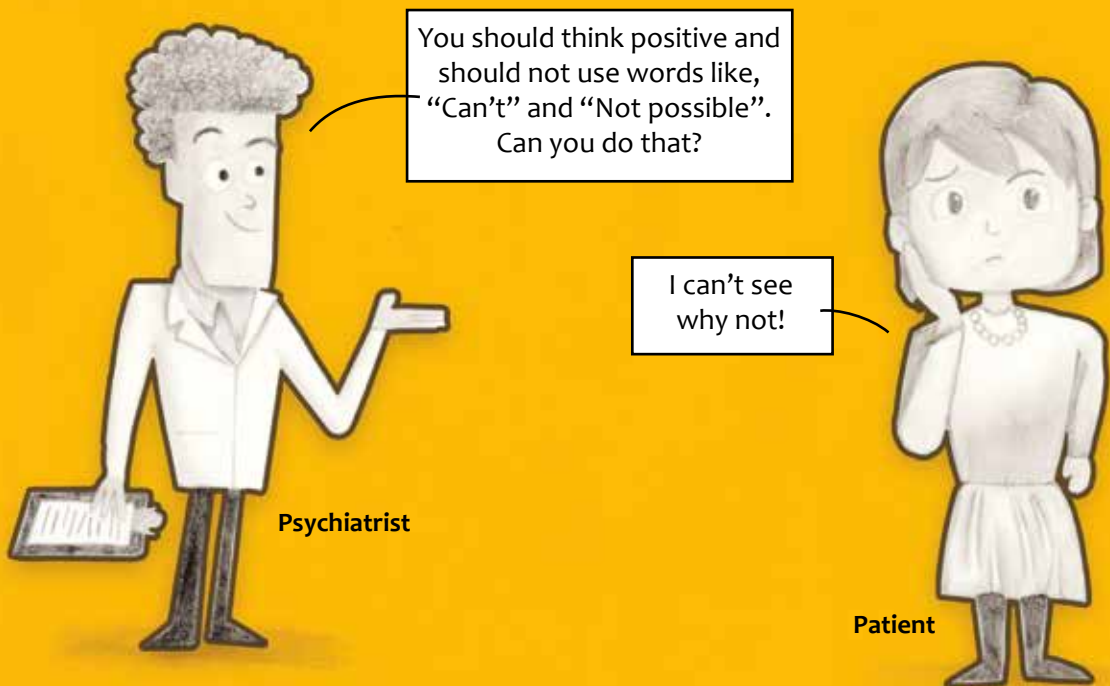
- 
- **People with a negative attitude**
  - **Lazy people**
  - **Stubborn and adamant people**
  - **People who taunt**
  - **People who gossip**

# Negative Thinkers

Regarding the Negative Approach:

Problems will indeed come in everyone's lives, but instead of thinking about the steps to apply the solutions for getting out of the problem, if we only think about the problems and keep getting confused, we will never get out of them.

Any circumstance, instead of looking at it with a narrow mind like, "A frog in the well", if we look at it from a broader perspective, then we can develop a positive attitude to understand the circumstance from every angle. Some people are only engrossed in the negative, just like in this cartoon strip.



# Lazy People

You must have understood that ...

We are so lazy that we have not made any effort to write anything here. You can go to page 14 and read an interesting story about laziness. Don't worry, we have not kept that page empty!



# Stubborn

## People

Stubborn as a mule.

### Meaning:

Very Stubborn. They are not at all ready to change their opinion or decision or to even understand. It is very difficult to explain things to them.

### Example:

Jayesh is as stubborn as a mule, extremely adamant. He never listens to other people and does whatever he thinks is right.



# People Who Taunt

Using sarcastic language or insulting words to hurt or instigate anyone, is called taunting that person. For example:

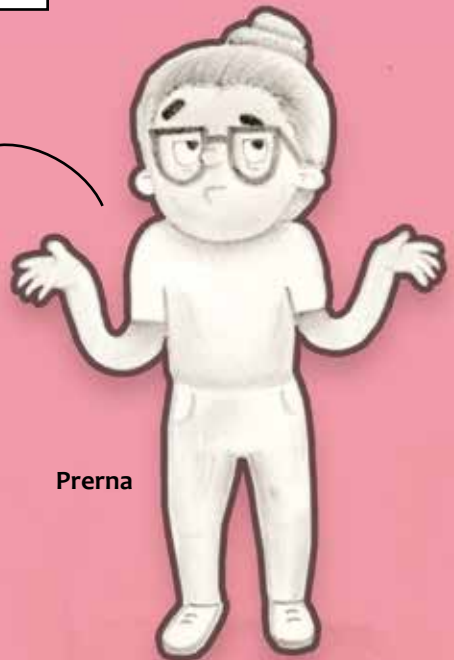
Riya, let's watch a movie at my place today evening.

No my friend, today I have plans to go out with my college friends.

Of course, your college friends are more important to you! That's why you are always going out with them!



Riya



Prerna



# People Who Gossip

To gossip is to talk about someone, criticize someone in their absence or to share their personal matter with others. For example, when one friend shares his friend's personal matter with others and then tells them to not share it with anyone else.

Let's see one example:

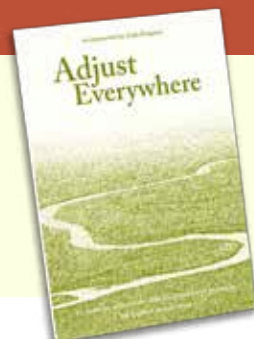


So, we do not understand how to solve these issues when we have to deal with such people. Is there any master key with which we can open all these locks?

Let's see...

## A Glimpse of One of Dadashri's Books

# Adjust Everywhere



### Digest Just One Phrase!

**Questioner:** Now, I want a straight forward path to peace in life.

**Dadashri:** Will you assimilate just one phrase into your life, properly and exactly?

**Questioner:** Yes, exactly.

**Dadashri:** If you simply assimilate the phrase 'Adjust Everywhere' in your life, then that is more than enough. Peace will arise automatically for you. At first, for the first six months or so, you will experience difficulties; then, automatically, it will become peaceful. For the first six months, reactions from the past will arise, because you started late. Therefore, adjust everywhere. If you do not adjust in this terrible time cycle, Kaliyug, you will be ruined.

There is no problem if you do not know how to do anything else in worldly life, but you must know how to adjust. You will sail through in life if you adjust with anyone who disadjusts with you. A person who knows how to adapt to others will not have any pain at all. Adjust everywhere. Adjustment with each and every person is the highest dharma. There are various personality traits (*prakruti*) in this time cycle, so how will you manage without adjusting?

### Avoid Clashes By Recognizing Different Prakrutis

**Dadashri:** Now, human beings are just humans, but you do not know how to recognize them. There may be fifty people in the home, but, because you do not know how to recognize them, interference continues to happen. Should you not recognize them? If a person in the house continues to nag, then that is indeed his nature. Therefore, once and for all, you should understand that this person is like this. Are you able to recognize for sure that this person is just like this? Then, is there actually a need to inquire again? Once you recognize it, you no longer have to inquire further.



**Dadashri:** Some people have a habit of sleeping late, and some people have the habit of going to bed early, so how can the two get along? Now, they all live together as a family, so what is bound to happen then? There would be one person in the home who would say, “You do not have much sense.” So, you should recognize that, “He is indeed going to talk this way.” Hence, you should adjust. Instead, if you were to answer him back, then you would become tired. That is because he ‘collided’ with you, but if you also collide with him, then it simply proves that you do not have eyes either! What I am saying is that you should understand the science of *prakruti*. However, the Self is a different matter.

‘We’ are familiar with each and every *prakruti*. ‘We’ recognize it immediately. Therefore, ‘we’ interact with people according to their *prakruti*. If you seek ‘friendship’ with the sun at twelve in the afternoon, then what would happen? Similarly, if you recognize that this is [the heat of the] summer sun while this is [the heat of the] winter sun, then would you have a problem?

‘We’ recognize *prakruti*, so even if you are looking to conflict, ‘we’ will not let you conflict; ‘we’ would move away. Otherwise, we would both get into an accident, and both our spare parts would break. If the other persons ‘bumper’ breaks, then what would be the state of the one sitting inside? The condition of the one seated within completely flattens, doesn’t it? Therefore, recognize the *prakruti*. You should recognize the *prakruti* of everyone at home.

There is no problem if you do not know how to do anything else in worldly life, but you must know how to adjust.

So, do you see friends? Adjustment is the master key. However, there are different ways of using this master key with different people. Let us look at what those different ways are!

# Experiment

## How to Adjust with Negative People

### Materials:

1. Stone 2. String 3. Balloon 4. Water 5. Bucket

### Method:

1. Take a String and tie a stone on its ends.



2. For the first part of the experiment:  
a. At the other end of this string tie the balloon's edge. The balloon should not be filled with air.

b. Put this string (Whose one end has the stone tied and the other end is the balloon without air) in a bucket filled with water, as shown in the picture.

- c. Observe what happens to the balloon in the bucket.

You can see that due to the weight of the stone, the balloon is pulled into the bucket and it sits at the bottom of the bucket.



3. For the second portion of the experiment:

a. Untie the balloon, fill it with air and again tie it with the other end of the string.

b. Then as shown in the picture, place it in the bucket filled with air.

- c. Now, observe what happens to the balloon in the bucket.

You can see that this time since the balloon was filled with air, it was able to absorb the weight of the stone and does not sit at the bottom of the bucket.



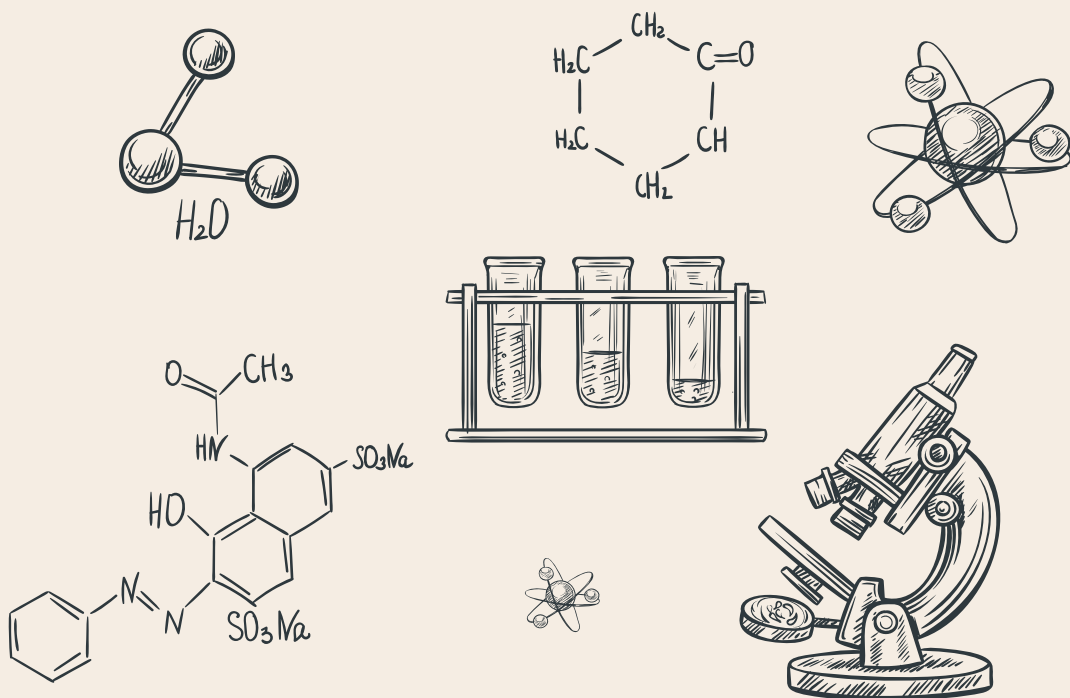
### Moral:

What does this experiment show us?...

Imagine that the stone is either the negativity that comes in our lives or it is the negative people that we come across in our lives. And the air in the balloon is our own positivity.

In the first experiment, because there was no air in the balloon, the stone pulled the balloon downwards. This shows that if we do not have the strength of positivity within us, then the negativity of people that we meet in our life will pull us down.

Whereas in the second experiment, even when the air-filled balloon was tied to the stone, it kept itself afloat. In the same way, if we remain positive then we will win against the negativity of the other person and it will not drag us down.



# How to Adjust With **Lazy** People

This is a story from about four months ago. Dipika Madam had asked all of us to gather in the hall that day. She had told us earlier that she was going to form teams. There would be two teams, and everyone would have to work with each other as a team.

When Dipika Madam asked if there was any leader amongst us all, I looked towards Jay. Everyone knew that Jay was very smart, so Dipika Madam would make him the leader of team #1. So, everyone was curious about who would be the leader of team #2. I was also eagerly waiting for that. Soon Dipika Madam said, “The second leader will be Meet.” I was shocked to hear my name. Feeling happy inside, I nodded my head and said “Yes”.

Dipika Madam got busy forming the teams. She placed ten students in each team. I was happy because my team had all the smart students while most of the students in Jay’s team were mischievous and playful.

I started laughing happily in my mind. I was happy that I had the best team. I divided the work amongst them, and I took my portion of the work as well. I was fully confident that this time my team would certainly get the “Project of the Year” trophy. On the other side, Jay was doing his work

very well. However, by looking at his team members, I knew that his project would not be as good as mine.

My team and I started to work on our project. A few days before the project was due, I called a meeting and asked Veer, “Veer, how far are you on your portion?”

Veer said, “I had guests at my home, so I have not been able to start my work.”

I said, “It’s okay.”

Then I asked Astha, “Astha, how much work did you complete?”

Astha replied, “I had to go out for some important work, so I was not able to complete it.”

In the end, I asked everyone, “Has anyone completed the work?”

Tej replied, “I was busy preparing for my sister’s wedding.”

And at that time, stopping Tej, Niket replied, “I had given my portion to Tej because that was the first part of the project. After that was finished, I was going to work on my part, but since Tej was busy, it did not get started...”

After hearing all of them, I said, “No problem, but now everyone should finish it fast. When we meet again after two days, everyone’s work must be completed.” And then we all





left to go home. On the way home, I heard Tej talking to Veer, “I did not understand anything in the project.” Veer replied, “I don’t feel like doing it”. I got angry hearing this and I left for home.

When we met after two days, only a few team members had completed their work. The rest of them started making excuses and I got angry. I started telling my team, “Why are you all so lazy? Jay’s team has already completed their work. We have only 8 more weeks left. All of you work only on the last day. You should pay attention. Do not hope for the fruits without hard work.” All the team members started looking at me and many team members told me that the project would be completed on time, and that I shouldn’t worry so much. I got angry and told them, “You guys don’t care, I should have not given you the work.”

Today four months were over and it was the last day to present the project. After reviewing both team’s projects, Dipika Madam made her deci-

sion and announced it on stage, “This year’s ‘Project of the Year’ goes to Jay and his team.” I was shocked to hear that.

I was lost in deep thought. Suddenly I felt a hand on my shoulder, and there was Dipika Madam. She sat near me and seeing me sad she asked, “Do you know why you didn’t get the trophy and why Jay got it? Even though Jay’s team members were mischievous, they were hard working and motivated. You had good people and yet you did not win. The reason for that is the members of your team were lazy and to some extent they did not have the value of time.” She said, “I understand how you feel.”

I kept looking at Dipika Madam and asked myself, “Why did this happen to me?”

Let’s understand from the Gnani’s perspective, how to deal with people who are lazy and do not value time?



# Through The Gnani's Scientific Vision

## How to Work With Lazy People?

**Questioner:** My nature is such that I cannot tolerate wrong things and therefore I keep getting angry.

**Dadashri:** Firstly, who decides and judges that it is wrong?

**Questioner:** I do, based on my intellect.

**Dadashri:** Yes, so only that much judgment and justice prevails.

**Questioner:** But if I am paying twenty-five rupees per day to a person and if he is not doing work even worth five rupees, then will I not feel that it is not right?

**Dadashri:** Secondly, why is he not doing his work? What is the reason that he is not doing the work?

**Questioner:** It is because of his lazy nature.

**Dadashri:** Thirdly, does everyone encounter such kind of people to work for them?

**Questioner:** How can it be said that everyone encounters such people?

**Dadashri:** Fourthly, why were you the only who got such a person to work for you? There must be a reason for this, right?

**Questioner:** My previous karma must be like that, that is why I met him.

**Dadashri:** So then how is it his fault? Sixth, so then what is the reason to get mad at him? Seventh, you should get mad at yourself, "Oh, what kind of karma did I bind that I got such a person?" Eighth, your weakness will only hurt you. Ninth, 'Fault is of the sufferer.' Tenth, when he does not work, and you become angry, then you feel hurt, so it is your mistake. He will remain as he is, he will do the same thing tomorrow as well, and on top of that he will make fun of you. As you turn around, he will make fun of you. He will say, 'This guy is crazy, forget about him!'

**Questioner:** So, I should sit with him and explain things to him, 'Why is it not possible for you to do this much work? See how much more the other people are doing?' And if he does not know, then I can teach him. Should I do that?

**Dadashri:** Yes, you should explain things to him in such a way that he understands and he feels encouraged to do the work.

# How To Deal With **Stubborn** People

If you genuinely want to do well among stubborn people, you need to adapt to them because they won't adapt to you (unless they're very close to you).

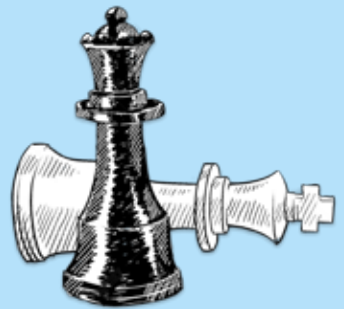
People don't generally like hard facts or critiques, so you need to sugarcoat everything while still stating the facts. Learn how to appear friendly and deliver messages in a positive manner.

Here are a few tips to deal with them ...

## **Pick a Favorable Time:**

A reasonable person may act stubborn if he is not in a good mood. Similarly, a stubborn individual may be open to ideas if you pick the right time.

As a game of chess, one right move can checkmate your opponent and a wrong one can take away your king.



## **Never attack:**

The thing about stubborn people is that they think they know everything and get easily offended when people tell them otherwise. They are even sensitive to the differences in opinions. They consider it a personal attack even when you mean them no harm. So, if you were to attack, it becomes difficult to work with them.

## **Change Yourself:**

Handling a stubborn person is not merely a challenge, but an opportunity for you to become a better version of yourself; more calmer, more patient, confident and more respectful than you have ever been.



# Q&A

## How to Adjust With People Who Taunt

**Questioner:** If the other person's nature is to taunt, then how can we adjust or deal with them?

**Aptaputra:** If the other person talks negatively with us, then to accept that negativity or not, that is up to us. If the other person is digging into someone else's business, then it is up to me on how much I want to get involved in that. I should not get impacted by the other person's nature, that is my own decision. So really, it is not the other person's nature that I have to deal with, I have to deal with my own nature. When the other person is taunting us, then we must set the right understanding.

Another point is, why am I

giving so much importance to others in my life? Why am I getting affected by someone's comment? Why do I become emotional? What emotions are dragging me down? I have to check all this within me.

**Questioner:** My mother often taunts me that I do not work. What should I do at that time?

**Aptaputra:** That is not at all called a taunt. They are telling us in a straightforward manner and are telling us for our own good. And if they say the same thing to your Dad or Grandma, even then it is not called a taunt.

When someone talks about us in our absence that is called gossip. Now if you tell me, "You have put on



too much weight!” If my friend were to say this, or my mother were to say this and if Pujyashree were to say the same thing, there is a difference, right! On what basis does this difference arise? If we can figure out that basis, that is where the understanding lies. The amount of importance we have given to the other person in our life, determines how much their talks will affect us.

**Questioner:** When someone close to us behaves rudely, what do we do then?

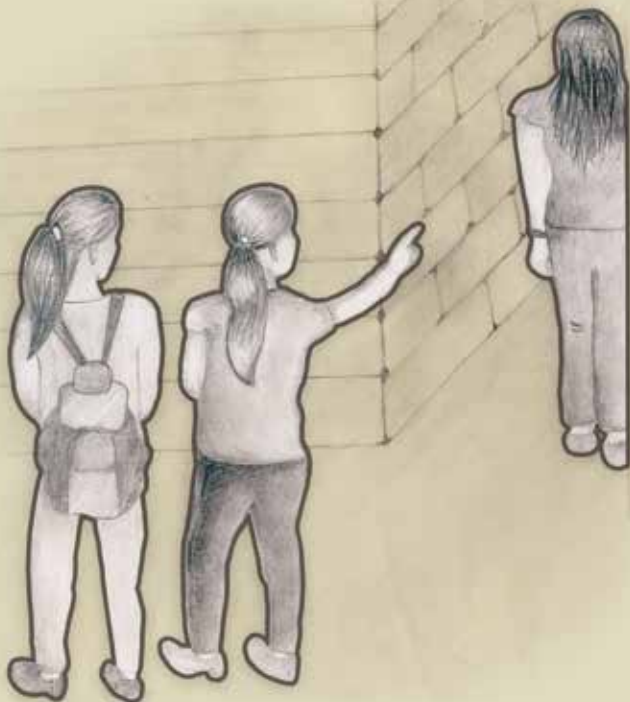
**Aptaputra:** Niruma says, “If 'we' get suffering from someone, then 'we' do not let up on that suf-

fering. What is it that he said that I felt so hurt?” She would set her understanding at that level. Often the other person’s nature is such that they taunt everyone, so the words just slip out from their mouth. They do not have the intention to hurt us, but still, we may get hurt.

We don’t have to accept all the taunts of others. This is called understanding. We have to cultivate that understanding. I should have some choice about whose comment to accept and whose comment not to accept! Otherwise, everyone will keep taunting us. This is a simple adjustment of the intellect.



# Gnani With Youth



## How to Adjust With People Who Gossip?

**Pujyashree:**

When two girl friends get together, they will not refrain from talking negatively about the third person. Observe it, check it, this is bound to happen. They talk negatively about others, ‘She was doing this, then her mom scolded her. I would never do that.’ Or ‘That other friend was teaching bad things to her. Both of them are like that.’ They will find something to be negative about. Actually, there is no negative, it is just their imagination. Or if they have heard something, they cannot hold it within themselves without telling anyone. Their ears start to smoke, ‘I need to tell someone.’ They cannot stay without telling someone. They feel relaxed when they tell someone. And after spilling it out they say, “Don’t tell anyone else, we should not talk like this. Deepakbhai has told us not to do this. We should not speak negatively about others.” When she says this, the other person gets restless, and so she is bound to tell someone else.

This is a huge flaw, to see the faults of others. Dada says, “It is a single crime if you accuse a right person of being wrong, and to accuse a wrong person of being wrong, that is twice as terrible of a crime. The reason is, it is your viewpoint that he has done some-

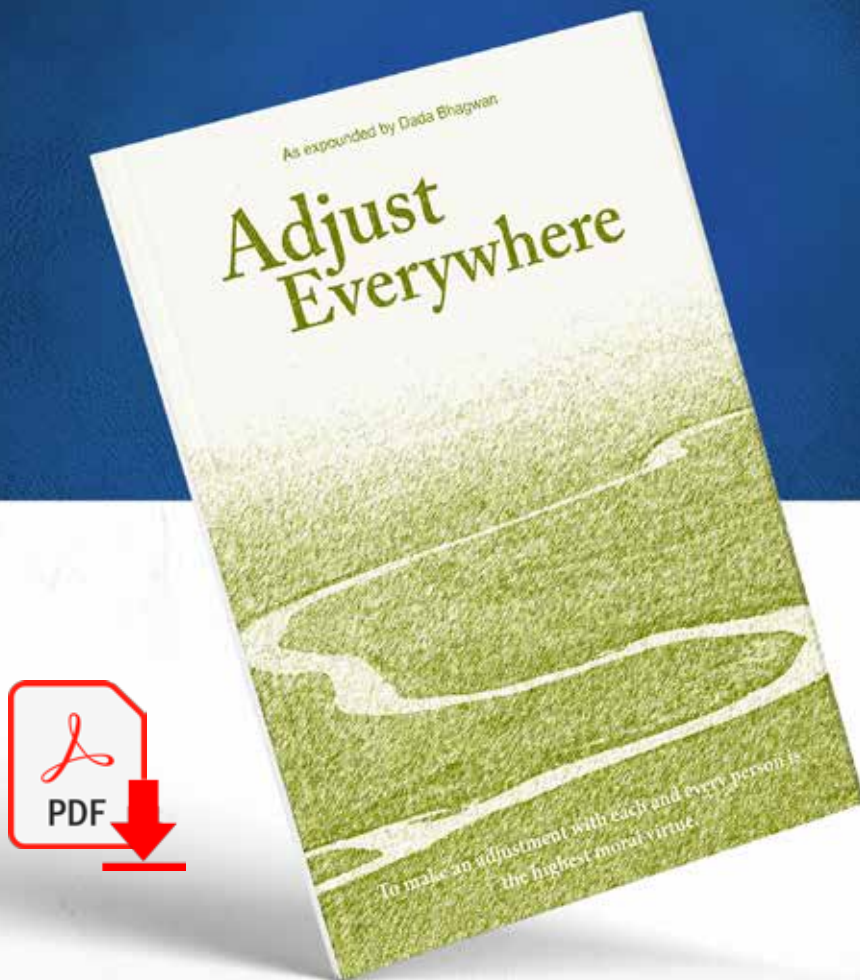


O Dada  
Bhagwan!  
Give me  
strength to  
not criticize  
anyone.



thing wrong, and even if he has done something truly wrong, even then, the Soul does not do anything wrong and he 'himself' is also not doing anything wrong. He is acting as per his unfolding karma. As a result of his past karma, he may do something wrong because of the circumstances, and we cannot say someone is wrong forever because he is doing wrong things based on his circumstances. If we accuse a right person to be wrong, then also, we will commit an offence, and if we accuse a wrong person of being wrong, even then, we will commit an offence. See the pure Soul and say, "After all he is a good man, and a kind man." We should not see the negative.

Veils of ignorance come over our awareness by seeing negatives in others. If we are able to see 300 ft, then it will go down to 30 ft, then 3 ft and then we will not be able to see at all. So we will keep on clashing and veils of ignorance will keep coming over our awareness. So, everyone, decide on [not seeing negatives] and if by accident you say something negative, then say two or three positive sentences, so the negative will get negated. And do pratikraman, "O Dada Bhagwan! Give me strength to not criticize anyone."



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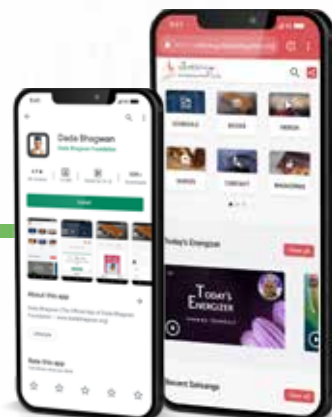


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# #Poem

Jagate savla-avla bhaat bhaat na loko no melo...  
Udati Salam bhari chooti javu jene paar karvo belo..

Koi loko salvo bole na, emani vaat vaat ma nakaar che...  
Koi aalsu ne koi sfurtila, judi raat judi savaar che..

Koi maare mena tona, ane vaani to jaane aag na gola...  
Koi kare ninda-kuthli, manas koi chabraak ne koi bhola...

Badha to lok saral male nahi koi mali aave vaanka jad...  
Namta aavde nahi, bhale toti jay eva hathila akkad...


Dukh devaane koine pan ahi koi pan svatantra jaraay nathi...  
Dadae joiene kahyu, brahmand svatantra karnaro kyay nathi...

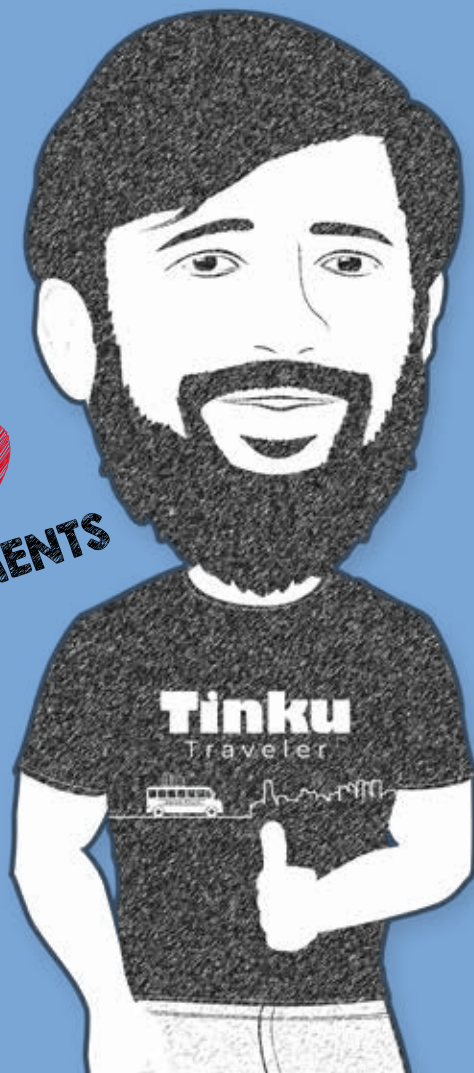
Dada kahe jene chutvu ene yaad raakhvu, Adjust Everywhere...  
Gnani nu ek vaakya pakadta, thai jay chek moksha sudhi ni maher...

April 2021

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I  **ADJUSTMENTS**



'The phrase 'adjust everywhere' will take your worldly life to the top. No one has attained liberation without going to the top in his worldly interactions. If worldly interactions do not let go of you, if they keep entangling you, then what can you do? Hence, solve the worldly interactions as quickly as you can.'

-Dadashri

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