

Akram Youth

December 2021 English

Dada Bhagwan Parivar

Competition



Table of Contents

04

Competition

15

**Dada's Book
Excerpt**

05

**Episode 1
First Day**

17

**Episode 5
Healthy Competition**

07

**Episode 2
Rivalry**

18

Newspaper

10

**Episode 3
Adverse Results**

20

Gnani With Youth

14

**Episode 4
Racecourse**

22

**Episode 6
What If They Do It?**

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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
website: youth.dadabhagwan.org
store.dadabhagwan.org/akram-youth

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Editorial

Dear Readers,

Where is there no competition? There is competition at every step of life, starting from childhood until now. Competition for toys in your childhood days and in studies as you grow older. Then the competition for looking good, for a career, for a job promotion or for status in society.

There is constant competition to get ahead of others, to prove that you are smarter than others, or to increase your importance over others. Then jealousy arises from this competition, and unparalleled suffering arises from which sometimes even vengeance is bound. In the end, the joy is gone, isn't it?

Friends, we often think that we are not competing with anyone. So, be sure to read this issue. Through episodes of a web story, in this issue, we will gain a practical understanding of competition, what causes it, what are its symptoms, what are its disadvantages, and how to come out of it.

- Dimplebhai Mehta



Competition

Gnan is needed to empty the filled stock of competition.

Only a Gnani does not have competition with anyone. Because it takes a long time to empty the stock of competition.

Niruma: It is not possible that competition has never arisen in one's life. It arose for 'us' as well. It is bound to arise!!! As long as one has ignorance, it will arise! Even after receiving Gnan, the filled stock of competition will certainly overflow. At that time, one thinks that "It is happening to me. It is good. It is bad." So, he remains engrossed in that. As a result, the filled stock of competition does not get emptied. To empty it, one needs Gnan. Only a Gnani does not have competition with anyone. Because it takes a long time to empty the stock of competition. The virtue of competition originally arises from abhorrence. It is the result of abhorrence! Competition does not arise from attachment. It arises from abhorrence. Abhorrence arises from attachment and from abhorrence, competition arises.

Everyone is in competition at every step of their life. So, it is a race. We call this a horse race. A racecourse! Everyone is in a racecourse. 'How do I come first? How do I get ahead by knocking someone out! I should succeed and the other person should fall behind.' We will definitely find someone with whom we have competition. Either he is running and we want to move ahead of him, or, we are running and someone comes from behind and wants to move ahead of us. One way or the other, each person will find someone to compete with.

Episode 1

First Day



Professor Matthew: Hello friends! From Niruma's satsang you must have understood what I am going to talk about today. Yes, "Competition"! On this topic I am reminded of a real story that I want to share with all of you. So, let's start with the first episode of this web story!

Scene 1: Fresher's Party

Raj: Friends ... I want to play on our college football team.

Friend 1: Are you joking? Do you even know how to play football?

Raj: Oh, you don't know, I was a champion in my school. Everyone called me Junior Messi, even my coach!

Friend 1: Really? Wow! Then we will all definitely come to watch your football game.

(At the same time Aakash enters the party.)

Aakash: Hello friends!

Friend 2: Hey Akash, Congrats. Bro, you have become very famous!

Friend 3: Yes, I heard that your YouTube channel got ten thousand subscribers! You must have worked very hard, right?

Aakash: Thanks. You need both smartness and hard work! Just look at Rahul. We started the channel together. The poor guy is still struggling to get a thousand subscribers.
(Everyone laughs. Raj doesn't laugh.)

Raj: Aakash, it seems the stars have aligned for you.

Aakash: Is that so? Then let's see if your stars are aligned or not!

Raj: Are you challenging me?

Aakash: Whatever you want to understand.

Raj: Okay! Let's see. I'll show you by getting more subscribers than you and that too, in less time than you.

Friend 1: But what about you wanting to join the football team ...?

Scene 2: Mr. and Miss Fresher's competition

Anchor: Friends, the time you have all been waiting for has come. The time to name this year's Mr. Fresher and Miss Fresher. So, this year's Miss Fresher is...

(Rashi prepares herself to go on the stage and fixes her hair and clothes ...)

Anchor: The Miss Fresher is ... Miss Ankita Roy!

Rashi (to Swati): What is this! How can this be? Who is Ankita?

Swati: 'Ankita Roy', she was with us in school, an all-rounder in our batch! Everyone at school still remembers her. She has fifteen thousand followers on Instagram and at least 200,000 views on each reel. She has also collaborated with a makeup company. *(Ankita is honored on stage as Miss Fresher)*



Rashi (in her mind): Hmm! There is nothing special about her ... Come on! I am more beautiful than her and I can be even more famous than her if I want to.

(The entire crowd cheers for Ankita as she leaves the stage. Her crown was really adding to her beauty. Seeing this, Rashi gets really angry. When no one is looking, she deliberately sticks her leg out in the path of Ankita in such a way that Ankita trips and falls. Everyone starts laughing.)

Did you see, friends? Raj was a football champion. But seeing the success of Aakash, competition arose within him. On top of that, Aakash challenged him. So, without thinking, Raj accepted the challenge of making videos while forgetting about football. Rashi also could not accept her failure. Overwhelmed by jealousy and envy, Rashi lost control of her behavior and harmed Ankita. Now let's see how Raj and Rashi move forward in this rivalry?



Episode 2

Rivalry

(Rashi and her friend Swati are sitting in the canteen after college. Rashi is thinking.)

Rashi (in her mind): I tried every single style of Ankita's, her steps, almost everything, but my number of followers is not growing.

Swati: Did you see Ankita's new post?

Rashi: Yes, she got five hundred likes in one hour. I do not understand how? I think she has bought the likes and comments.

Swati: How did you know she bought them?

Rashi: I stalked her ... !! I had heard Ankita bragging about herself a while ago.

Swati: Rashi ... Ever since you met Ankita your attention has been on her!

Scene 1: College



Scene 2: At Home



(Raj opens his YouTube Channel and starts preparing for his first video)

Raj: Where to start? Which topic should I choose for the video? Hmmm ... I should just watch Aakash's video.

Raj: Oh !! What's the big deal in making this roast video? I can make a better roast video than Akash.

(Raj works hard on plotting, scripting, camera work and editing to make the video.)

Raj: Wow !! This video is the best. I'm sure I'll get a lot of likes and comments. Now Aakash will know who he has challenged!

Scene 3: At Home



(Rashi is stocking Ankita's profile, where she sees Ankita's Instagram story.)

Ankita's Story: Should I run for the post of General Secretary?

- Yes, we'll vote for you
- No, you shouldn't

Rashi: What? She is running for the post of General secretary? If she wins, I will have to work under her. I will also put my name in the running for General Secretary.

(Raj wakes up the next day and the first thing he does is check his video.) But what is this? The video got very few likes and views and got a lot of negative comments. If people see this his impression will be spoiled! Anxious, he buys likes and subscribers for the video with money. Then Raj arrives at the college happily.)

Raj: Friends, did you see my new video? It already got 500 views!

Friend 1: Oh Raj, don't you think your video is a bit boring?

Aakash: Not only boring, but it looks like it was made by a little kid. Why would anyone laugh at such a video?

(Everyone starts laughing at Raj)

Raj: I don't need any of your praise.

Scene 4: College



Scene 5: College Campus



Rashi (announcing): Dear friends, you all know that I am running for General Secretary. Just for all of you! I assure you all that I will do my best to solve your problems, and not make false promises like everyone else! *(Rashi makes a weird face at Ankita)*

Ankita: False promises? What are you trying to say?

Rashi: But when did I say your name?

Swati (comes running): Rashi Rashi .. Madam is calling you to the staffroom.



(Rashi goes to the staffroom where all the teachers are sitting.)

Rashi: May I come in?

Madam: Come Rashi! Sit. Do you want to run for General Secretary?

Rashi: Yes Ma'am.

Madam: Okay. We have thought of conducting an interview to learn about your abilities for this post.

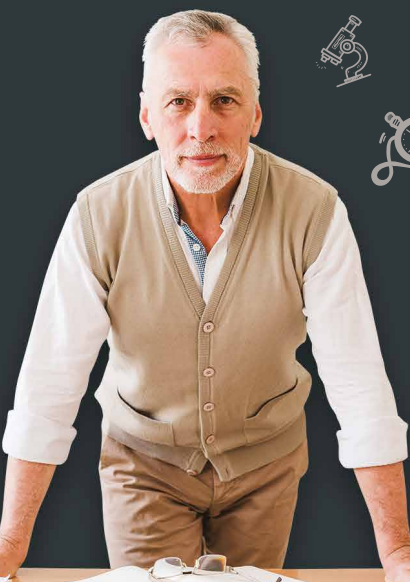
Rashi: Sure ma'am, I'm ready for any interview.

Madam: Good. So, tell us, why should we select you instead of

another candidate?

Rashi: I am confident that I have all the skills and experience you are looking for in this post. I will maintain discipline in the college, which will be beneficial for its progress. Some of my suggestions are different from some of the other candidates. For example, Ankita is asking to increase library time, whereas in reality, students just waste time there.

(The interview continues)



See friends? Raj bought views and likes because he knew his work was not so good. Despite that, he wanted to hear the praises. On the other hand, in order to win the post of General Secretary, Rashi indirectly tried to prove herself as a better candidate by comparing herself to Ankita, and brought Ankita down in front of everyone. Such is the nature of competition. Now let's look ahead.

Episode 3

Adverse Results

Scene 1: College



Swati: Congrats Rashi! You just became the General Secretary. When are you going to throw a party?

Rashi: Oh! Thank you... party for sure.

Swati: So, Secretary Madam, how do you feel after winning this post?

Rashi: The best thing is that I won't have to work under Ankita. You should've seen Ankita's face when my name was announced.

Scene 2: Football Field

(While Aakash and the other college boys are practicing on the football field, Raj sits on a nearby bench and talks to himself.)

Raj: Raj, what are you doing!! Instead of joining the football team, you are wasting time on this channel. Your YouTube channel is also running badly. Akash has been working hard for many years. You can't beat him in a short amount of time.

(While Raj was in deep thought, suddenly a ball came towards him.)

Out of frustration he kicked the ball so hard that it made a goal.)

Coach: Raj! When do you plan to join the team?

Raj (smiling): Yes sir, right now.
(Raj and Aakash look at each other)

Raj: Even though you are ahead in YouTube, in football I will show you who you are up against.

Akash: I will see how Raj scores a goal in this game.



Scene 3: College

Friend 1: Oh!! Check your WhatsApp quickly. The exam timetable has been posted.

Swati: Rashi, you don't have to worry because you are already ready, aren't you?

Rashi: Of course. And just as I have become the General Secretary, I will also come first in this exam.

(Ankita hears everything while passing by.)

Ankita (in her mind): Although Rashi won the post of General Secretary, I will not let her beat me in this exam.

Rashi (in her mind): To come first, I need to beat Ankita. But I have not started preparing, so I have to make a plan. What if I copy Ankita's studying style?

(Rashi changes her entire studying

method and adopts Ankita's method. She is used to staying up late and studying. Instead, she gets up early in the morning. Instead of studying alone, she studies in a group. She starts mindlessly memorizing things instead of understanding the material)

(After a few days, the exam comes. Rashi tries to follow Ankita's study pattern but cannot complete the syllabus. So, in a panic, Rashi takes a cheat sheet with her to the exam. On the other hand, Ankita works harder, not to be first in the class or learn something new, but just to beat Rashi.)

Finally the results of the exam come. And Rashi only gets 70% on the exam. Ankita ranks at the top and invites all her friends to a party.)

Ankita : Friends, the party is this evening. To celebrate my success *(in her mind- 'and beating Rashi as well...')*



Scene 4: Football Field

(A football match is held at the college, and Raj and Aakash are on the same team, but instead of playing for the team, they start playing against each other like enemies.)

Raj: Pass the ball to me, Aakash!

Aakash: No, no, I will make the goal.

(In the end, their team loses. They start to blame each other for their defeat. The conversation escalates into a fight. Professor Matthew and the coach separate them and the coach scolds both of them.)



Friends, you see, even though Raj didn't find success on YouTube, his competition with Aakash continued. Aakash also forgot his sportsmanship due to his ego. For their own success, they both forgot the true purpose of the game and started playing against each other instead of for the team. While on the other side, Rashi continued her unfair competition with Ankita. Her focus was on Ankita, so she even started studying using Ankita's method instead of her own. Ankita also sank into her arrogance of being on top and started trying to make Rashi more jealous. The result was that all four of them went beyond their limits to win.

(Thinking...This competition is getting ugly now. I have to do something).





**Time and energy
are wasted in
competition.**



**One loses his
original identity.**



**The competitor
seems like an
enemy.**



**The one who tries to
win in competition,
loses.**



**Friends and
relatives become
distanced.**



**One only sees his
competitor in the
competition.**



**Humanity and
morality are lost.**

Results of

Competition

Episode 4

Racecourse

(Professor Matthew texts Raj, Rashi, Aakash and Ankita. Everyone gets notifications on their phones.)

Professor Matthew: Meet me at the Cafe at 4:00 pm.

Raj, Rashi, Aakash, Ankita: OK Sir!



Scene 1: Cafe : All together

Raj (in his mind): Hey, why is Aakash here?

Rashi (in her mind): Ankita is also here?

Professor Matthew: I know all of you have many questions. Let's see this horse race first, then we'll talk.

Professor Matthew: I want you all to answer me. What did you learn from the race you just watched on the screen ?

(They all stare at each other)

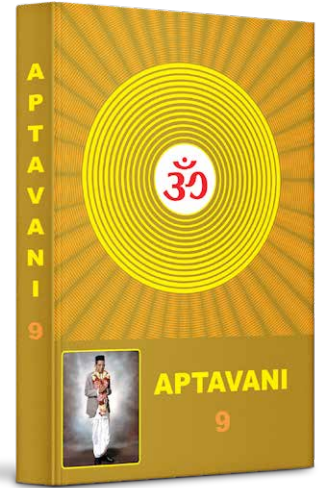
Professor Matthew: There is a very good answer to this in one book. Let me show you that part, which will give you a new perspective.



Dada's Book Excerpt

Everyone runs, only one wins!

Questioner: Everyone has a desire to be something, and here around you, we have the desire of not wanting to be anything, we want to be free from any semblance of superiority. In the worldly interactions, one feels, 'I am something. And I want to be something.'



Dadashri : That is because they enter a racecourse there, do they not? He wants to run because so many other horses are running. Hey you! You are sick, so why don't you relax and take it easy? All the others are strong horses. Besides only the one who comes first will get the prize and the rest will die huffing and puffing.

So, not even a fool would take part in a competition (racecourse). Yes, if they were going to award five hundred prizes or so, then one can believe that he may get lucky and win a prize. But you are not going to come first, so why are you in the competition? Go home and go to sleep. Who would enter this competition? How can you enter their racecourse? Some horses may be so strong from a diet of chickpeas (garbanzo beans), while others may be eating grass !

Therefore, I did not enter the racecourse of worldly life. That is how I found the Lord within !

(After reading this, many questions began to arise in their minds.)

Rashi: Isn't this an injustice that one wins and the other loses?

Professor Matthew: When we compete, how many win and how many lose?

Raj: One wins, and the others lose.

Professor Matthew: Exactly, Raj. But we get into the wrong kind of competition and go to such an extent that we miss out on our true goal and lose our identity.

Rashi (in her mind): Seriously. I was very good at studying before, but I totally lost because I got into competition! I changed myself to become superior to Ankita.

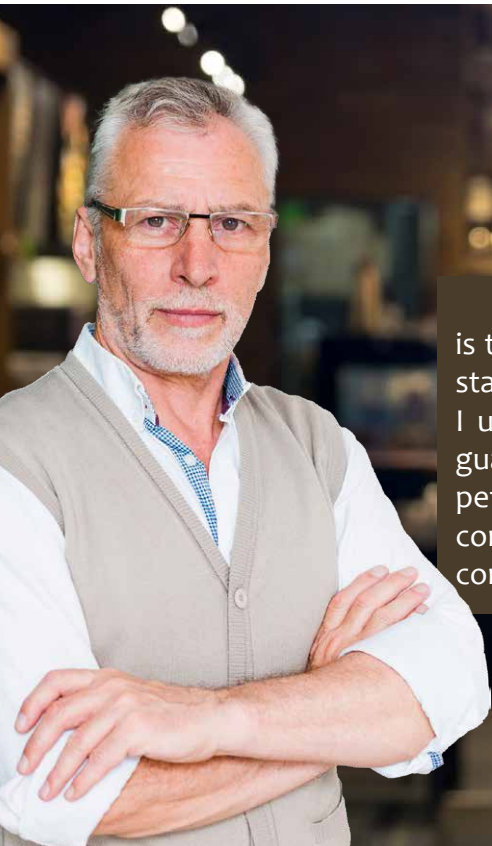
Ankita (in her mind): I succeeded in the competition but because of me, Rashi started getting jealous of me.

Raj (in her mind): I wasted my time by becoming a YouTuber and quitting football. And then I joined the football team just to beat Aakash.

Aakash (in his mind): I don't know when my friendship with Raj turned into enmity. Instead of trying to win for my team, I tried to beat Raj.

Professor Matthew: Think about this topic some more. We'll meet again in my office next week.

All together: OK sir!! Thank you very much sir!



Wow! Recognizing and admitting one's mistake is the first step towards correcting it, which all of them started today! Even though they didn't speak in the cafe, I understood everything by looking at their body language. Friends, it is clear that there is no reason to compete. If we really have to compete, then have healthy competition to achieve the real goal while maintaining complete humanity.



Episode 5

Healthy Competition

Scene 1 - Professor Matthew's Office

(One week later, everyone meets in Professor Matthew's office.) (The professor is looking out the window.)

Raj: What are you looking at sir?

Professor Matthew: Are all of you here? Look outside this window. Do you see the cars running on the highway?

Rashi: Yes, sir. But you suddenly ...?

Professor Matthew: Another car may have overtaken your car many times, and you may have gotten angry thinking, 'How dare you overtake me!' Then you may have sped up and overtaken them.

Aakash: This happens all the time sir ... especially with me!

Professor Matthew: Have you ever had the thought that, 'Thousands of cars have passed by me, and many more cars are yet to come after me?' In fact, we only compete until we overtake that car. Just to satisfy our ego, right?

Ankita: Right sir, I never thought of that!

Professor Matthew: Instead, what if we focus on getting to where we want to go on time? What I mean is, what if we focus on reaching the goal within our capacity?

Rashi: Then no accident would happen sir! But in life, competition is everywhere. And it involves forgetting your own goals and trying to figure out how to beat the opponent.

Raj: Seriously! And even a friend feels like an enemy in competition.

Professor Matthew: Look here, let me show you a news article.



NEWSPAPER

Tokyo 2020 Olympics :

Competitors Display Humanity.

While running on the track in the 800 meter race, USA's Isaiah Jewett and Botswana's Nigel Amos fall after bumping into each other. Then instead of getting angry at each other, instead of blaming each other, the two support each other and finish the whole race together.

Jewett : "Regardless of how mad you are, you have to be a hero at the end of the day,"

Gianmarco Tamberi of Italy and Mutaz Barshim of Qatar were good friends. In the finals of the high jump, the two clashed in a tie. When no one won even after 3 attempts, the two decided to share the gold medal and showed true friendship.



Barshim : "This is beyond sport. This is the message we deliver to the young generation."

Tamberi : "Sharing with a friend is even more beautiful. ... It was just magical."

Caeleb Dressel of USA won a gold medal in the swimming competition. But he gave his medal to Brooks Curry, the team's second swimmer. Because Brooks replaced Dressel to lead the team to the finals.

Dressel : "I had the easiest job last night out of everyone here, I got to watch it on TV, so I felt like Brooks deserved that a little more than me."

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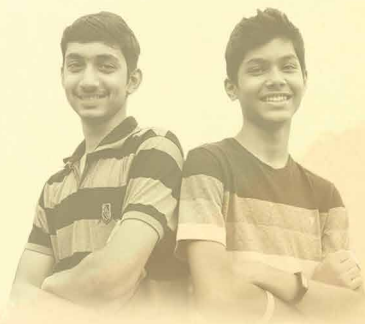
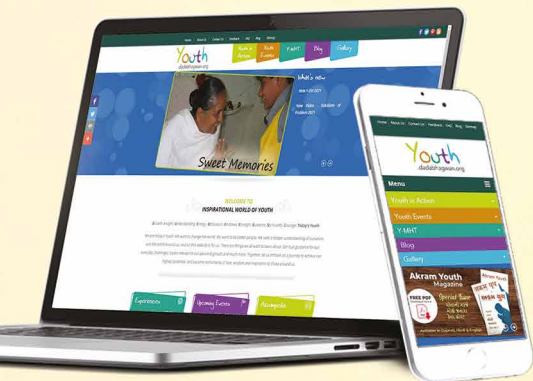
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Raj: I still have one question. Competition is everywhere, in teaching, in sports. So how can our life be without competition?

Professor Matthew: I had the same question, and I got the answer. Let me show you that.



Gnani With Youth

There is only one thing that should be used against competition, 'Maintain Normality.' We should be happy if someone moves ahead of us.

Questioner: There is one sentence we can use against the intellect, "Whatever Has Happened is Justice." This sentence releases us from the hold of the intellect. So, what can we use against competition?

Pujyashree: There is only one thing that should be used against competition, 'Maintain Normality.' We should be happy if someone moves ahead of us. It is good that our own school's students moved ahead. However, 'I should move ahead, and the other person should fall behind.' That is competition!

Questioner: But we do have the hunger to move ahead!

Pujyashree: But why do you want to move ahead by pushing the other person back? Move ahead as per your strength and be happy. 'He is working so hard! The teacher has really blessed him. He is progressing so well.' Think that, 'I will also move ahead like him.' However, 'I can move ahead only if he falls behind.' This is narrow mindedness. It does not have the mentality that, 'I will also work hard and move forward.'

Competition only arises amongst close colleagues. Instead of getting into competition, maintain nobility. 'May you move ahead and may everyone also move ahead.' I will move ahead according to my capacity.' But what happens in competition? 'I will work less. I will get less marks. However, you should fall sick and fail, so I can move ahead of you.'

The rule is that one hurts his own self by getting into competition. If one thinks that the other person should fail and fall behind, then he himself will fail and fall behind. What does nature say? If you tell another person, "You are a thief." Then, nature will reply, "You are a thief." If you tell another person, "You move ahead." Then, nature will reply, "You move ahead." People don't know this science and therefore they spoil their intention by competing with others. 'He should fall behind. He should suffer a loss. He should certainly not move ahead. I should always remain ahead.' One falls behind by having such intentions. If one has the intention that, 'He should move ahead, really move ahead of everyone,' then you will make a lot of progress.



If you tell another person, "You move ahead." Then nature will reply, "You move ahead."

Jealousy arises out of competition. Competition is a severe disease. One wants to move ahead and receive more recognition. Whereas some have illusory attachment that, 'He got everything good, and I don't have anything good. If he loses his things, then I will be better off.' Instead of all this, just have zero competition.

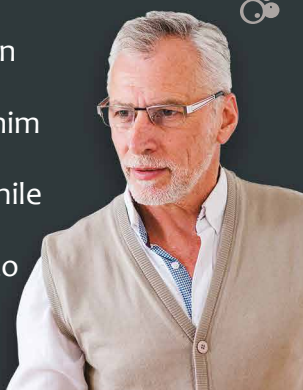
So, did your questions get answered?

Ankita: Yes, instead of putting others down, we will now use our own strength to be better.

Rashi: If the other person gets ahead in a competition, we will wish him well and not be jealous of him.

Aakash: We did not know that we could compete with each other while being supportive of each other.

Raj: From now on, whenever such a situation arises where we have to compete, we will have a healthy competition.





Episode 6

What If They Do It?

Scene 1 - Convention Center

5-6 Years Later

Raj and Rashi: Hello sir! How are you? What are you doing here?

Professor Matthew: I'm doing great. I came here for a presentation. How are you both?

Raj: Very good. Your keys are helping us a lot in our lives.

Rashi: Yes, since you explained, we have been on alert in case of competition, but ...

Professor: But what?

Rashi: But sometimes I feel like others are competing with me.

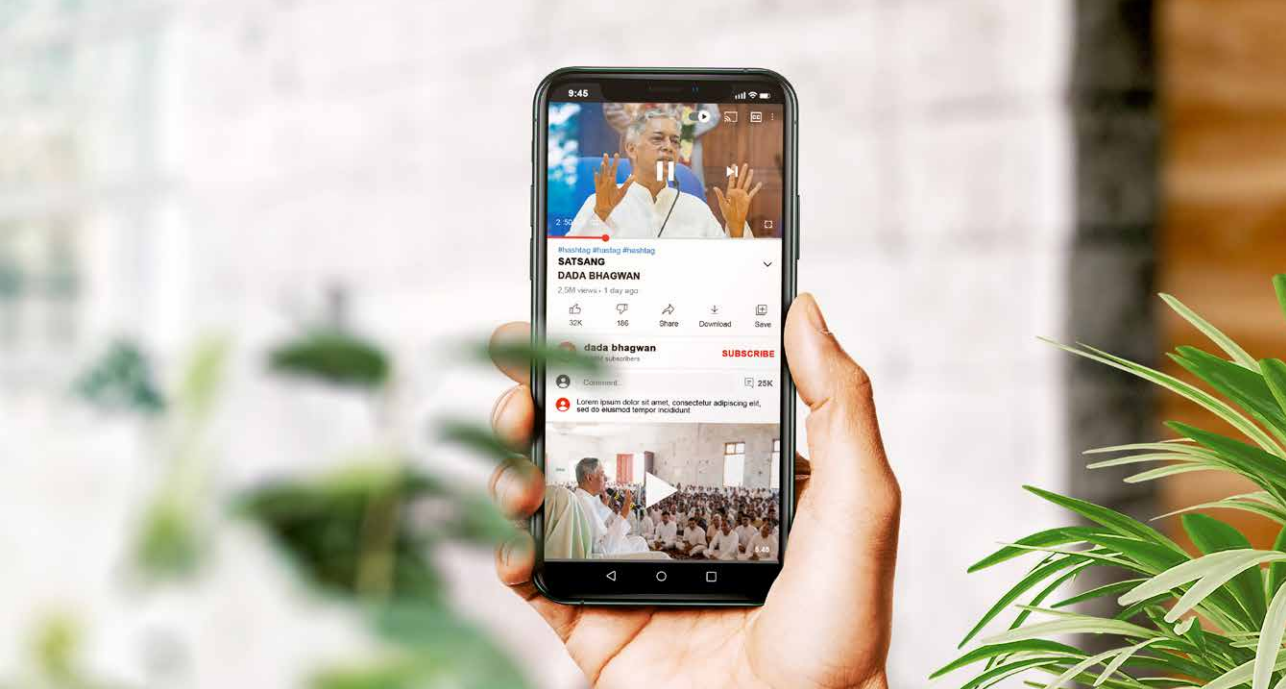
Raj: Yes, sometimes it seems as though people are jealous of me. What should we do then?

Professor: There is a solution.

(Professor Matthew shows them by playing a video on his phone)

Pujyashree: If someone is jealous of us, we should not have abhorrence towards them. Instead, pray, "Oh God! Give them a positive intellect so they can get rid of their negative intellect." We should live with love and cooperate as much as possible with them.

Questioner: If we treat them well, they will treat us well for a few days. But after a while they become like before!



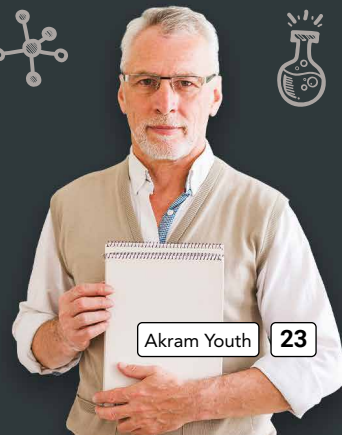
Pujyashree: If we have ego and believe, ‘This is what he thinks of me, I will see to it!’ Then he will become more jealous. That is why we should keep praying to the God within him, ‘O God! He is jealous of me, but I don’t want to have any attachment or abhorrence. I don’t want to fall into jealousy. Give me the energy to prevail in equanimity. O God, give him a positive intellect.’ We have to keep a positive intent. Then, gradually his jealousy will go away some time. If he pulls and we also hold on, then more pulling will happen. If we relax, he will relax.

Pujyashree: My experience is that if the other person is having uncooperative behavior towards me, I will apologize fifty times, saying, “Don't be unhappy because of me.” And yet if they are unhappy because of me, then I sincerely repent, I apologize. Then gradually he will stop having uncooperative behavior.

Raj and Rashi: From now on we will take care so that no one competes or becomes jealous of us, and if it happens, we will pray!

Professor Matthew:

So friends, what did you think about this web story? Raj and Rashi got out of the competition. So, we will also use the keys obtained in this story, right?



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Jindagi to ek racecourse thi ochhi nathi bhai!

Dode to badhaj, pan pahelo aave ek j ahi.

Bija kare e hoo ye karu, pade dekha dekhi ma sahu koi,

Pade na jojo pasa oolta, jao potanu vyaktitva khoi.

Jamano che spardhano, manu chu tamari vaat,

Pan thao khush jyare pade bija, e to sankuchit man na ghat.



Na karsho irsha, pan karo, emna goon appreciate,

Thashe evaj goon mahi pragat, ane vadhashe tamaro progress.

Karo prayatno aagal vadhva, lagaavine puru attention,

Support karjo ekbijane, to banshe e healthy competition.



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