

# Akram Youth

A young woman with dark hair, wearing a grey t-shirt and blue jeans, is sitting on the floor with her back to the camera. Her arms are crossed over her chest. She is surrounded by a circle of hands, each holding the other, forming a ring around her. The hands are of various skin tones, suggesting a diverse group of people. The background is a plain, light-colored floor.

January 2021 English

Dada Bhagwan Parivar

## Judgement

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## January 2021

Year: 8. Issue: 9

Cont. Issue: 93

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Printer & Published by  
Dimple Mehta on behalf of  
Mahavideh Foundation  
Simandhar City, Adalaj - 382421.  
Taluka & Dist - Gandhinagar

**Owned by :** Mahavideh Foundation  
Simandhar City, Adalaj - 382421.  
Taluka & Dist - Gandhinagar

**Published at :** Mahavideh Foundation  
Simandhar City, Adalaj - 382421.  
Taluka & Dist - Gandhinagar

Printed at : Amba Offset  
B-99, GIDC, Sector-25,  
Gandhinagar – 382025. Gujarat.  
Total 24 Pages with Cover page

## Subscription

Yearly Subscription

India :200 Rupees

USA: 15 Dollars

UK: 12 Pounds

5 Years Subscription

India : 800 Rupees

USA: 60 Dollars

UK: 50 Pounds

In India, D.D. / M.O. should be drawn  
in favour of "Mahavideh Foundation"  
payable at Ahmedabad.

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# Editorial

## What Will People Think of Me?

Dear friends,

You may have all heard the story of the seven-tailed mouse in your childhood. People kept teasing the mouse because it had seven tails. So, he started cutting his own tails. Even after cutting all his tails, people still did not stop teasing him and on top of that, they teased him even more because it did not have a tail anymore.

Friends, have you ever thought of what other people will think of you based on your clothes, education, or any other small things? 'What will others think of me?' Instead of accepting what comments or suggestions other people give you, if you start having hidden hatred for them, then you need to think, 'Is my behavior becoming like that of the mouse?'

By giving too much importance to the opinions of others, the stress and the negative effects on your mind and body become unavoidable, but do not panic. Your favorite Akram Youth Magazine this month is covering this exact topic. If you also have to deal with such situations at times, then you must read this issue to get the exact keys to set the right understanding .... So, are you ready?

- Dimple Mehta

# What is Judgement?

Judgment is when one forms an opinion for someone else and then makes negative comments before actually getting to know the person. If it's a positive comment, then it is called a compliment and if it's a negative comment, then it is called a judgment.

It is human nature to judge others, and even ourselves based on the circumstances. We judge others to prove ourselves. In this way, due

to comparison or peer pressure, we continue judging others as though our life depends on it!

Passing judgments has become such an integral part of our nature that it is difficult to completely come out of it. But, we can definitely reduce the effects of the judgment that others give us. Yes, today we are going to discuss about how to face the negative judgments that come from others.

## Have you ever heard such comments?

You are too fat or too thin.

You are too boring.

You are too poor to fit in with us.

You don't know how to speak English.

You cannot participate in sports.

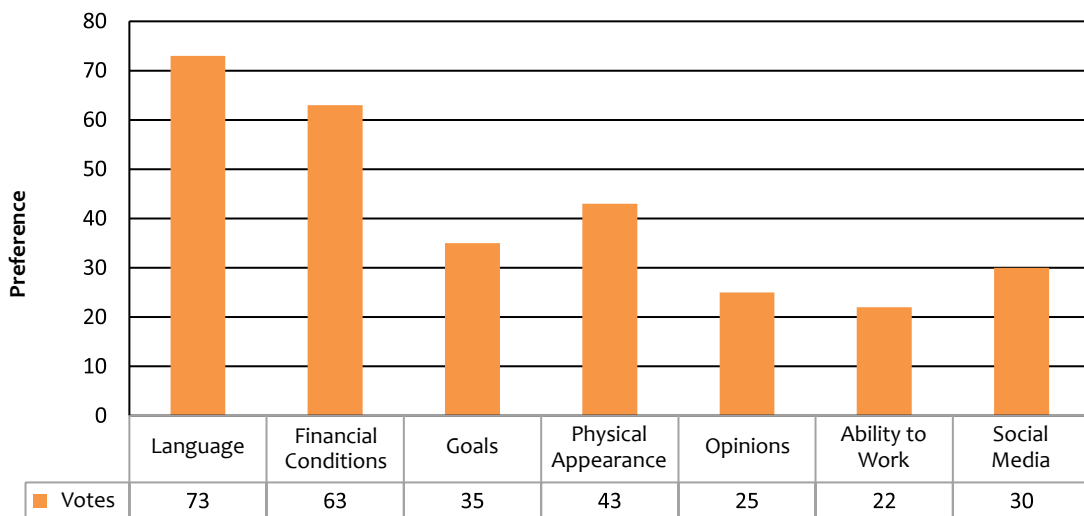


# Effects of Judgement

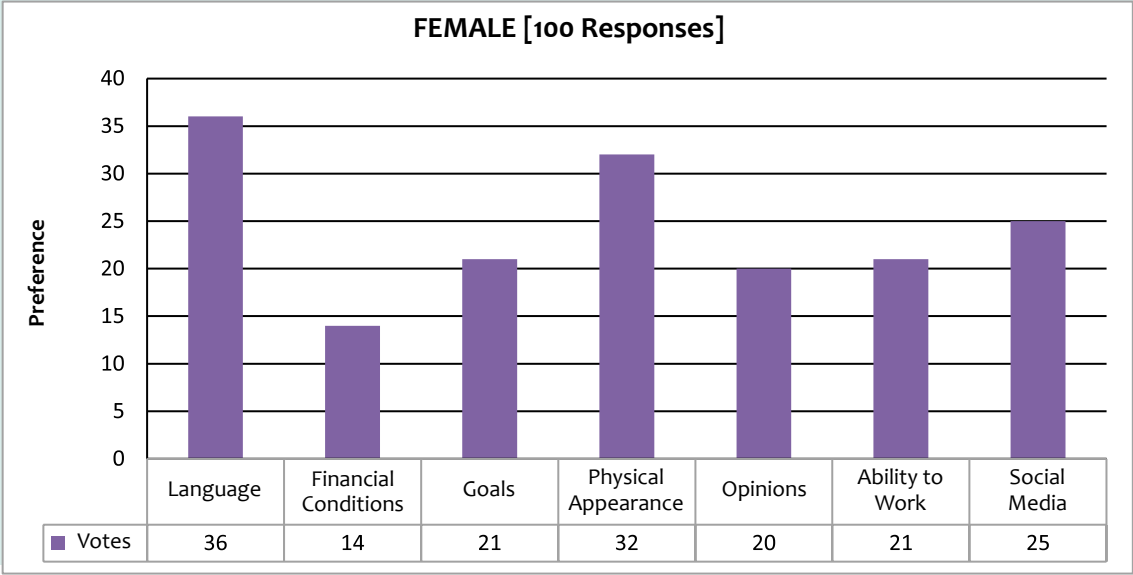
A nationwide survey of a total of 220 youth between the ages of 13-25 (120 boys and 100 girls) was taken, where they were to give their top five reasons by which they judge others or were judged by others.



MALE [120 Responses]



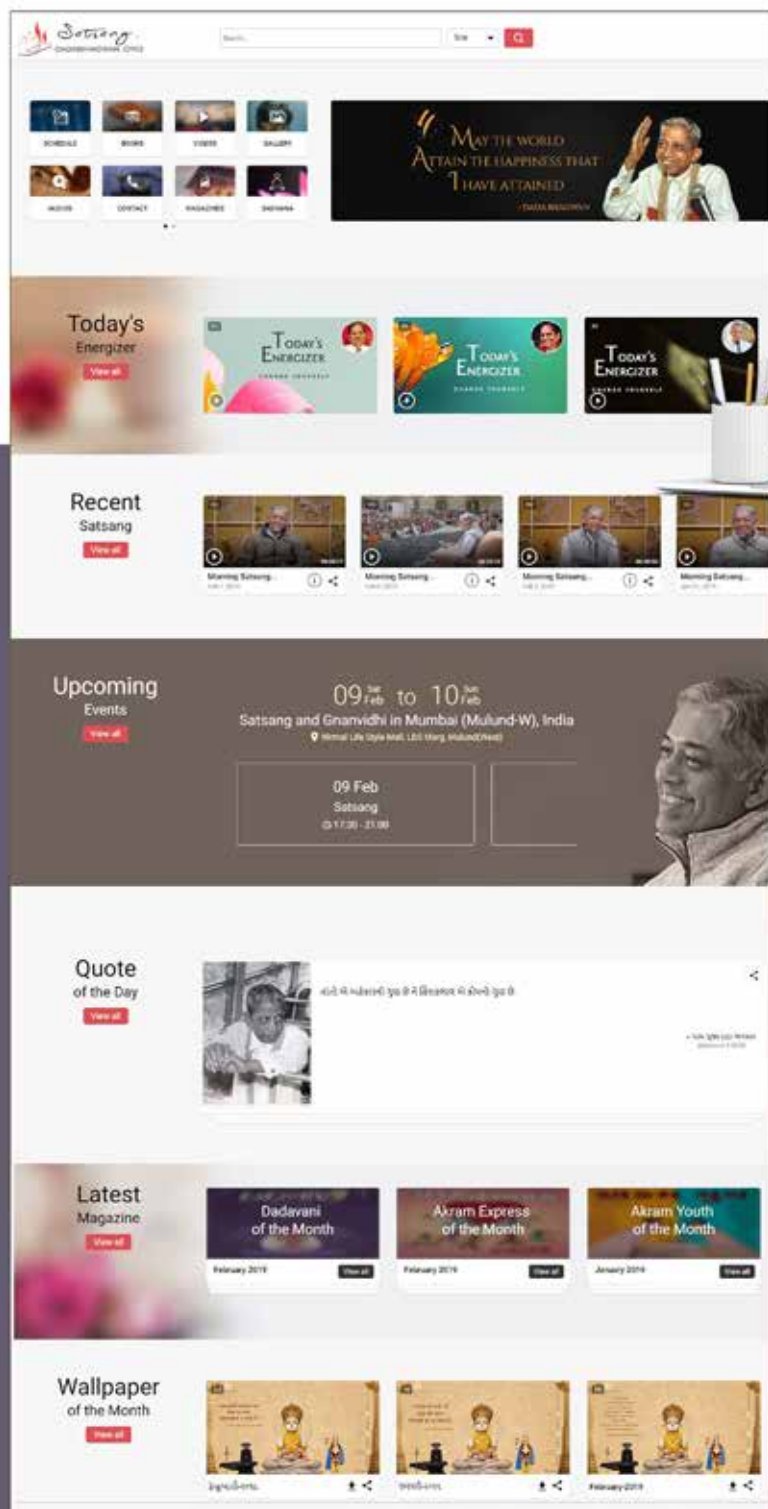
Boys say that they are judged by others mostly based on their language, financial conditions, and their physical appearance.



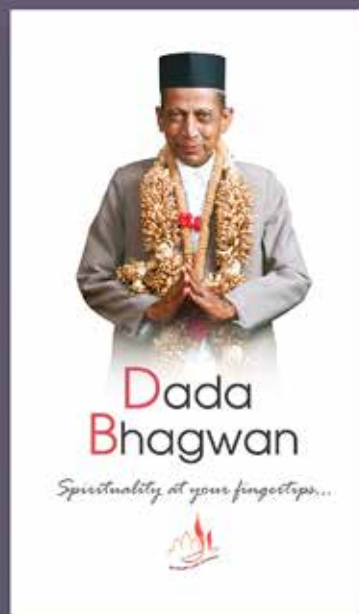
Girls say that they are judged by others mostly based on their language, social media, and their physical appearance.



# satsang.dadabhagwan.org



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January 2021

# On What Basis Do We Judge Others?

When someone judges us, what types of effects does it have on us?



We do not like being around that person.



We begin to have negative thoughts for that person.



We do what they say in order to make ourselves look good.



We start to spread rumors for that person.



Our opinions for that person start to form.



We become sad and we start blaming ourselves for it.



We begin to fear judgments and people.



We begin doubting ourselves and as a result we lose self-confidence.



We ignore the person who is judging us, we get angry at them, and we start talking behind their backs.



We move further away from our goal.



**Questioner:** In everyday life, whether at work or at college, people keep judging us and passing comments about our clothes and lifestyle.

**Aptaputra:** It is such that you will certainly be judged by the people around you, but you should not get affected by their judgment.

**Questioner:** But I keep getting affected. For example, even if I don't want to wear trendy clothes, I have to in order to stay with them and not be judged.

**Aptaputra:** What will you stand for if you start doing what they do? How can you get so affected by what others say! Do you know why Mahatma Gandhi decided to wear a loincloth instead of a suit and formal shoes?

**Questioner:** Yes, it was because he saw that the people of India did not even have enough cloth to protect their dignity and they were living in such poverty.

**Aptaputra:** Yes... He was not even hesitant to meet the English king while wearing a loin cloth.

Even he was criticized by everyone, he was laughed at and made fun of. Yet, he stuck to his decision with conviction. But, we lose our spiritual dignity by getting affected by other people's comments, and we also lose sight of our goal and our identity.

**Questioner:** But then our life-

style does not match their lifestyle.

**Aptaputra:** If our lifestyles do not match, there is no need for us to change ourselves. By seeing our spiritual dignity, they will learn from us! These great people that have reached great heights do not waste time in such talks, instead they stick to their goals and move forward.



A portrait of Dada Bhagwan, an elderly man with grey hair, wearing a white shirt and a garland, smiling. The background is a soft, warm-toned sky. The title text is overlaid on the right side of the image.

## People Even Judged the Gnani Purush Dada Bhagwan

This happened when Dada was in Vadodara during a satsang. A twenty-five year-old youth came and sat in the back. Dada called him and told him to sit in the front. Thus, the conversation began.

**Dadashri:** Have you read Dada's books?

**Youth:** Yes, I have read them.

**Dadashri:** Which ones?

**Youth:** Your 'Afatvani' (Disastrous speech).

All the mahatmas were offended! But Dada remained natural and spontaneous. Dada did not have a single negative thought for him, and then Dada asked calmly.

**Dadashri:** Is that so? Fine, what did you do with the books?

**Youth:** Nothing, they are lying around.

**Dadashri:** Do one thing, return some of them back if you do not want to read them.

(Then Dada continued doing satsang with the others, but half way through, the youth got up and started to leave.)

**Dadashri:** Hey, where are you going? Sit!

**Youth:** I am going home. I do not want to sit.

**Dadashri:** How can you just leave like that?

**Youth:** I am not enjoying this, I am leaving.

**Dadashri:** Fine... go! But, you cannot just leave like that. Leave after you have some tea.

**Youth:** I do not drink tea.

**Dadashri:** Then drink milk and then you can leave.

(To the mahatmas in the kitchen...)

**Dadashri:** Bring some milk with saffron, almonds, and pistachios for him.

**Youth:** I do not want to drink it.

**Dadashri:** That will not do. I will not let you leave without drinking anything.

(While talking back and forth, the milk came within five minutes...)

**Dadashri:** You will have to drink it.

**Youth:** No!

**Dadashri:** This will not do. If you say no, then all these people will hold your hands and legs and will pour the milk down your mouth. Drink this milk that 'we' are giving you with love; it is 'our' love.

**Youth:** Okay, but I will not be able to drink all of it.

(Then Dada poured half of it into a saucer and drank it while the youth drank the other half.)

**Dadashri:** Yes, take this.

**Youth:** I will drink this much since you are giving it to me with love.

(See, friends! Just like us, the Gnani Purush also gets judged by others. Even then, Dada lovingly fed milk to the one that called His 'Aptavanis' (Knowledge laden speech) as 'Afatvani' (disastrous speech). This is the kind of positive outlook the Gnani's have.)

## The Gnani: An Idol of Wonder



“You are right. From now on, I will be careful, and I will bow my head down to all the Gods.”

This incident happened in 2009 during Parayan on the Pratikraman book. One mahatma that came to Parayan everyday asked, “Pujyashree, you bow your head down to Simandhar Swami, Dada, Niruma, and the protective celestial beings, but for Lord Krishna and Lord Shiva you only fold your hands together and give your obeisance and because of that, newer people can have negative thoughts for Dada.”

Pujyashree immediately asked for forgiveness for his mistake and said, “You are right. From now on, I will be careful, and I will bow my head down to all the Gods.”

The mahatma felt terrible having said this in front of everyone during satsang and thought that he had disrespected such a great Gnani. He asked for forgiveness from Pujyashree in front of everyone during satsang. Pujyashree then told him, “You have not insulted me in any way. It is good that you brought my attention to this matter. I always tell the people around me to let me know if I make a mistake. Similarly, you also pointed out a mistake. You did not have the slightest intent of insulting me, so there is no need to feel burdened and I will also make sure to not repeat this mistake again.”



# Akrampedia

Name: Ayush Mehta

Age: 21 years

**Ayush:** Menu, please...

(Hey, readers! Today I have brought my college friends and Nikunj, who is like an elder brother to me, to the cafe to celebrate his birthday.)

**Sahil:** 2 cold coffees, 2 mojitos, 1 white-sauce pasta, 4 veggie burgers, and 1 lasagna, please!

Rohan started laughing after hearing this.

**Rohan** (laughing): Hey, friend! It is pronounced 'mo-heeto' not 'mo-gee-to' and 'la-zaan-ya' not 'la-jaan-ya!' How do you not know this much?

(Rohan started laughing even more.)

**Sahil:** Yes, as long as the waiter understands it...

**Rohan:** But shouldn't it be pronounced correctly? What do you think, Ayush?

**Ayush:** Leave it man! Just change the topic.

(Everyone started chatting and the delicious food came soon after.)

**Rohan:** All the food is here, but where is the lasagna? Waiter, how long until the 'la-jaan-ya' comes?

**Sahil:** That's enough, how long are you going to pull my leg about this?

**Rohan:** Chill, bro!

**Sahil:** Yes, there is a problem with my pronunciation, but a joke can only go on for so long.

**Rohan:** Buddy! Admit it, you've had problems with your pronunciations from the beginning.

**Sahil:** I agree that my pronunciations are not good. you may have forgotten that I have had a better internship than you for the past three years now.

**Ayush:** That's enough guys! The lasagna is here. Now just please focus on the food.

(We had a great time. We enjoyed eating the food while chit-chatting.)

**Nikunjbhai:** Hey Sahil, how are you going home? Ayush and I can drop you off.

**Ayush:** Yes, come with us.

(We sat in Nikunjbhai's car.)

**Ayush:** Did you enjoy the party today?

**Sahil:** Yes, I enjoyed it alot, but I am very upset at Rohan. He should not judge me based on my pronunciations. He should at least realize all the other skills that I have before passing such comments! Even if his English is better than mine, I get better grades than he does!

**Nikunjbhai:** Wait, wait, wait... I am requesting both of you to listen to an audio clip. Can I play it?

**Sahil:** Of course, Nikunjbhai. We are the ones sitting in your car. It's your choice!

(All three of us started laughing and then Nikunjbhai played the audio clip.)



**Questioner:** Anyone can take note of our past behavior or habits and make fun of us by talking about things from our past constantly. Even if they sometimes do not do this, their vibrations are such that I know they are having negative thoughts for me. So my intents towards that person get spoiled. So then, what should I do? For example, if someone tells me, “You have a habit of eating too much,” then what should I do in this situation?

**Pujyashree:** Firstly, we should do pratikraman for the other person for our intents getting spoiled towards them and secondly, whenever someone shows us our bad habits or our mistakes, then we should be happy and tell them, “You are right. It is a weakness of my prakruti.” We should accept it! Why should we protect it? If we accept it, then the mistake will go away.

Instead, what happens when we protect it and have bad intents? We are protecting our mistakes. And we are creating separation with the other person. Therefore, we should not spoil our intents. If someone were to tell me, “You are doing this,” then I would tell Deepak, ‘Deepak, what he is saying is correct. What he says is correct, you need to change.’ Then the matter ends there. On the contrary, he reminded us, so we ‘signed’ for reaching a faultless state. That is a good thing.

**Questioner:** Yes, I get this key from watching satsang. I realize that it is a chance to get rid of my mistake, but then I go back to how I was before.

**Pujyashree:** Yes, so whenever the other person is showing us our faults, we are getting another chance to rectify our mistakes. At that time, do not protect them, but accept them. Niruma has also said, “If we are making a mistake, if we are hurting someone or if someone is giving us a difficult time, then we should remember all of that 5-10 times every day. We should not cross it out.” Then, gradually, in 6-12 months, in 2 years, it will come to an end.

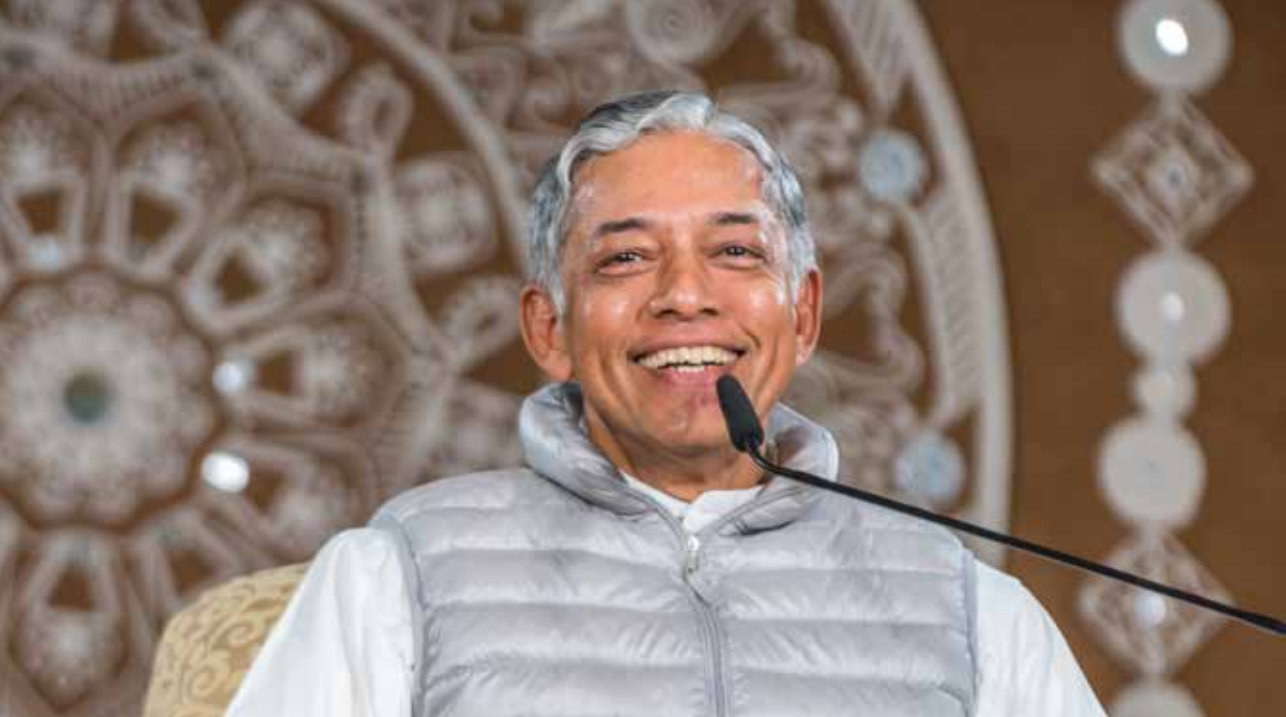
(Sahil and I became completely silent.)

**Nikunjibhai:** I think I don’t need to say any more. You are responsible enough to understand.

**Sahil:** Yes, what you are saying is correct. Rohan made a comment about me and I got mad at him. I am

still angry at him in my mind. That will do even more harm. I shouldn’t have done that, and I should do pratikraman for spoiling my intents for him. Let’s do pratikraman.

**Ayush:** I have also learned a lesson. By accepting a mistake, it will come to an end! Thanks!



# Gnani With Youth

**Questioner:** If someone were to judge today's youth, they would take it seriously and get affected on the inside. So I wanted to understand how we should face such judgements.

**Pujyashree:** Have you ever used a mirror before?

**Questioner:** Yes, Pujyashree.

**Pujyashree:** What benefit do you get from using a mirror?

**Questioner:** It shows me things as they are.

**Pujyashree:** 'It shows me the way I am.' What do you do after you wake up in the morning? You look at yourself in the mirror, you comb your hair nicely, you comb your hair that has been tangled up all night, and after sprinkling it

with water, you straighten it up! Whose help are you using to do this?

**Questioner:** The mirror's help.

**Pujyashree:** The mirror is needed to fix your hair, isn't it? If there was something written here [on your back] that said, "Twinkle is a liar," you would not be able to see it and people would keep laughing at you... Then you would ask, "Why are you laughing?"

They would say, "It is written on your back: Twinkle is a liar!" Now, you are not able to see it and when some-

one shows it to you, would you not know that it is written on your back? So, we are not able to see our mistakes. If someone shows us, then would they not be considered as helpful? So then should we break the mirror?

**Questioner:** It is considered helpful.

**Pujyashree:** “Is this how you are judging me? Are you judging me?” What is this world like? It is like a mirror. It will not refrain from showing things as they are. If you do something wrong even within four walls, the Soul will still receive a 'phone call' saying, ‘This person is doing something wrong.’ Someone will say, “This person is doing something wrong. She is being dishonest.”

You may think, ‘I will not let anyone know.’ So then why are people saying this? Now, understand that it is the mirror that is speaking.

These people then make posters saying... “The mirror does not lie.” It shows us our own photo. It is a living photo of us. If your mom yells, “You hide everything. You do not tell me anything,” then understand that your mom is right. It is your own photo that your mom is showing you, which means that you need to become wiser.

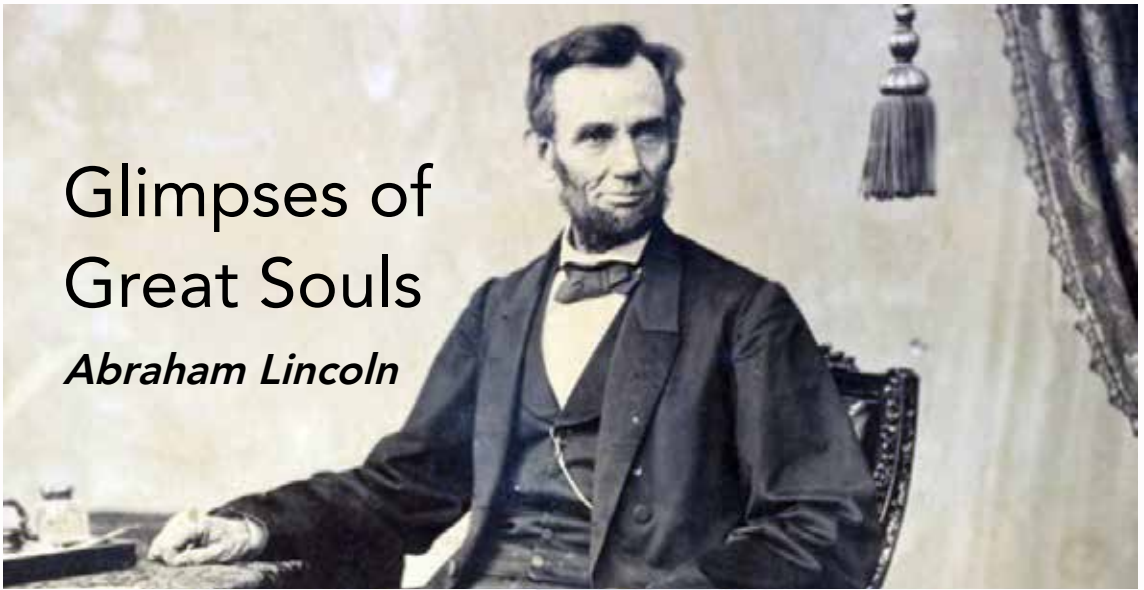
**If someone judges us, then we should investigate, that since we are unable to see our mistakes, the other person is showing them to us. We should consider the person as very beneficial. Once we clear our mistakes, no one will say anything.**

What is this world like? It is like a mirror. It will not refrain from showing things as they are.



# Glimpses of Great Souls

## *Abraham Lincoln*



Abraham Lincoln was very surprised one day when his opponent pointed a revolver at his head and was ready to shoot.

When Lincoln asked why, the man said, “I had taken an oath years ago that if I ever met someone that was uglier than me, then I would kill him on the spot.”

The tension left Lincoln’s face and he said laughingly, “Shoot me. If I am uglier than you, then I do not want to live.”

The man put down the revolver and also started laughing. He told Lincoln, “Are you really not upset about your ugliness?”

In the same way, many people that were close to Lincoln also had negative opinions towards him such as, “Lincoln is very thin and looks

ugly like a scarecrow. He has a wrinkled, expressionless, and grotesque face. He is weak and awkward looking. He has a weird, obscure, ugly-looking face that no one has ever seen before.”

Because his physical appearance was extremely odd, people kept judging him like this. But he would also make fun of his looks and people would enjoy that. He made fun of himself to such an extent that even his humorous appearance eventually became an ordinary thing.

This shows how a person can move forward by turning criticism of himself into his own strength!

# #Poem

'Tu aavo che!', 'Tu tevo che!' Evu dradh thayu vichaarma,  
Strong abhipray evo jaane vaani lidho vyavaharma!

Paisa hoy ke dekhaav hoy ke hoy social media,  
Jyaa judgment banyaa, tya te khudane j nadyaa!

Shanka-ninda vadhaari, ne asarpadia apna j par,  
'Goals' sudhi na pahochyaa, ne vahorilidhi aafat!

Pachhi samjaayu ke judge to bhai! Badhaa j banavanaa  
'Tu' khumari na chhodish, loko je joshete j to kahevanaa

Jyare koye karya 'Gnani' ne judge, rahya teo positive,  
Aapi evi chaavio ke na jovaay ek pan negative!

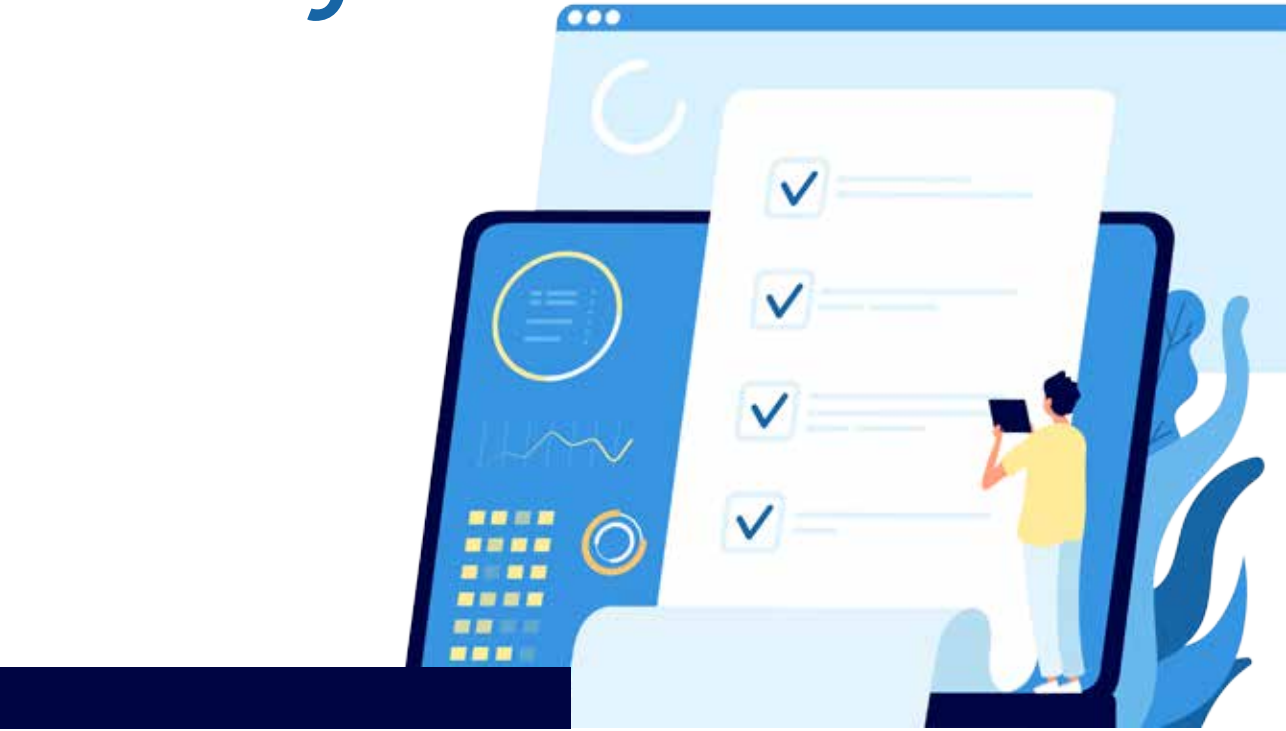
Have jaag, valag tu dhyeya ne, na rahe kashuka chaashma,  
Tikaao no saaman okari, ferav tene tut aak aatma.

Koyee dekhaade jo bhul potaani, ganiye tene upkaari,  
Kari pratikraman 'ku-bhaav'na, baniye evaa sanskaari.



By Dada's Youth

# Adjustment



Hello friends!

You may be thinking, ‘When will others stop judging me?’ The answer to that is ‘never’. That is why we need to take adjustments against judgements. Let’s understand this by doing an activity.

## Directions:

Read the sentences below and write ☒ next to the ones you think are true and write ☐ next to ones that you think are false.

Please be honest with yourself...

1. You get angry towards the person that judges you.



2. You start thinking, 'Will people still keep judging me?'



3. Even though you are right, based on people's judgment and due to peer pressure, you are trying to change.



4. You start having negative thoughts for yourself as well as for the people that have judged you and you start judging them instead.



5. Due to the [fear of] judgment, you stop doing certain things that you like or things that are good for you.



### **Do you find most of these sentences to be true?**

Without getting affected by other people's judgment, you should first think, 'Does that judgment really apply to me?'

Is it in your best interest to make changes based on those judgments?

If **Yes**, then thank that person and attempt to fix your mistake.

If **No**, then ignore those judgments and remain quiet, and pray for that person that is judging you.

### **If the majority of the above statements are false...**

You have not become affected by the judgments.

But, do not ignore certain judgments that are really for your benefit and then actually think about them.

**January 2021**

**Year: 8. Issue: 9**

**Cont. Issue: 93**

When a person shows us our mistake, we get a second chance to fix it. Do not protect that mistake, accept it.



Send your suggestions and feedback at: [akramyouth@dadabhagwan.org](mailto:akramyouth@dadabhagwan.org)  
Printed and Published by Dimple Mehta on behalf of Mahavideh Foundation-Owner.  
Printed at : Amba Offset, B-99, GIDC, Sector-25, Gandhinagar – 382025.