

Akram Youth

August 2022 English

Dada Bhagwan Parivar

A group of people, mostly men, are walking on a paved path. They are wearing various types of trousers and shoes. A large, bright yellow wavy graphic overlay is positioned across the middle of the image, partially obscuring the people. The background is a clear blue sky.

Move Forward Step By Step

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Editorial

Dear friends,

It gives me great joy to be presenting this second issue on the topic of Today's Youth. In the first issue we did a SWOT (Strength, Weakness, Opportunity, Threat) analysis of today's youth and got to know their positive and negative aspects. We all saw that today's youth can be molded in any way! We also saw in what circumstances youth can progress in the right direction. After reading this issue, you must be having the ardent desire to become an ideal youth, right?

But in order to progress on any path in life, we first need to know where we stand. Then we need to take steps in the direction we want to go in. Just as important is our readiness to stick to our firm decision. In this issue of Akram Youth, we have attempted to provide an extensive understanding of this topic. It will surely help all the youth progress towards developing an ideal personality.

- Dimplebhai Mehta

Where Do We Stand?

We did a SWOT analysis of today's youth in the previous issue and found out their positives and negatives. We also saw how the youth can progress in the right direction if they get the right environment and guidance. Now in this issue we will practically see where we stand, and how to proceed in the right direction step by step from there.

First let's do an activity.

Let's check what we would do in the following situations.

1. What do you do when your mom is overloaded with housework?

- ☐ a) If your mom asks for help, you help.
- ☐ b) Help if you have time and don't help if you don't have time.
- ☐ c) Understand her situation and help her without her asking.
- ☐ d) Tell your mom to take someone else's help because you have to study.

2. What do you do when your friends make fun of the teacher in class?

- ☐ a) Move away from there.
- ☐ b) Enjoy your friend's teasing, but don't make fun of the teacher yourself.
- ☐ c) Try to make your friends understand that they shouldn't tease the teacher.
- ☐ d) Join in on the fun.





3. You want to see a movie with a group of friends but your dad says no. What do you do?

- ☐ a) Convince him by saying, "All my friends are good people."
- ☐ b) Try to explain, and if he refuses, then cancel your plan.
- ☐ c) If your dad refuses, then convince your mom and go.
- ☐ d) You know your dad will say no, so just lie and go without asking.

4. What do you do if you want a new phone or vehicle, but your dad doesn't get you one even though he promised many times?

- ☐ a) Keep reminding him again and again, while using your old phone or vehicle.
- ☐ b) Be stubborn about it, get angry and say, "You never get me anything."
- ☐ c) Don't ask him again thinking that he may not have the necessary finances.
- ☐ d) Save up to buy it yourself.

5. How do you spend your free time?

- ☐ a) Watching TV, movies, surfing the internet or playing video games.
- ☐ b) Playing outdoor games, exercising or reading books.
- ☐ c) Partying or going out with friends.
- ☐ d) By volunteering at a non-profit organization.



What Kind of Youth Does the Gnani Like?

Questioner: Pujiyashree, what kind of youth do you like? What should youth do to make you happy?

Pujiyashree: Learn to live a life which makes your parents, teachers, and other people around you happy. In addition to that, even though parents don't express their difficulties to us, we should understand why they are acting the way they are. They must be facing some difficulties. We should be thinking about the happiness of our parents. We should not cause any problems or discomfort to them. We should make our parents happy. If we have this goal, then we will realize, 'This is causing problems for them. I shouldn't do this.'

So, we should be thinking about the happiness of our parents in every way. The reason is, our parents have always been thinking about our happiness, ever since we were born. So, as we grow up, we should also think about their happiness and their needs. We should think, 'Let me do what my parents like.' Arguing, getting our way, quarrelling if we don't get to play video

We should not cause any problems or discomfort to them. We should make our parents happy. If we have this goal, then we will realize, 'This is causing problems for them. I shouldn't do this.'

games or play with our friends... all this does not suit an ideal youth. Talk patiently and with understanding to your parents. Try to communicate with them. Try to explain to your mother, "I am going out with my friends. I will follow all the safety precautions. Please don't worry. I promise, I will not take any risks." Instead of arguing, try to communicate with your parents. Don't keep on arguing or over insisting with them. Understand their viewpoint and adjust with them. That will make them happy. That will make you happy as well.

I made a mistake a few times by going to satsang against my father's will for a few years. However, as soon as I realized my mistake, I turned back. After that, I started taking care of my father. I made sure not to cause any inconvenience

to him. Whenever I travelled out of town, I would call and make sure that he was not facing any difficulties at home. I made sure that the house help were coming on time, and that he was in good health. If we do this, then they will be satisfied with us.



Let's Take a Step Forward...

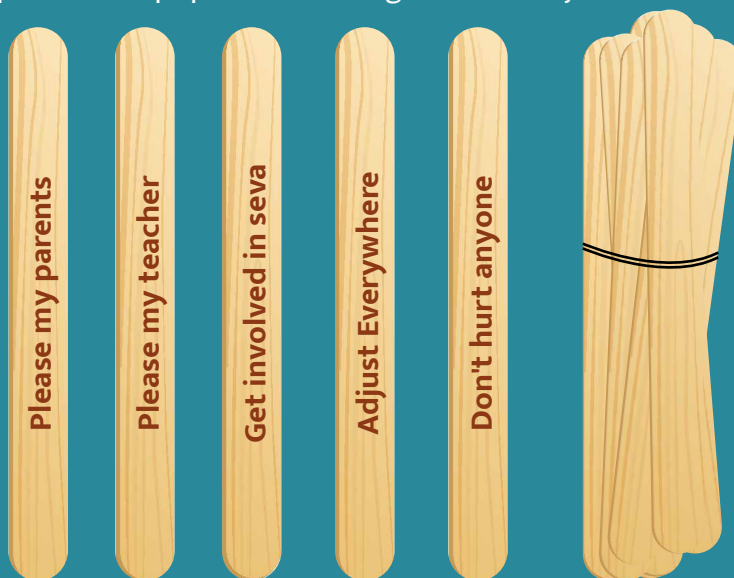


You have seen what the youth of today should be like from the Gnani's viewpoint. And you also saw where you truly stand. It is your desire to be like what the Gnani says, right? But you must be thinking, 'This talk is about an ideal youth. It's practically not possible. Because I have a lot of issues in my life right now. And there are many milestones to be crossed to become an ideal youth. When will I ever become like that? Instead, I am fine as I am.' Is that right?

So, let's do an experiment on that.

Activity:

- Take ten popsicle sticks.
- Write your problems or confusions with a marker on five sticks.
- On the other five sticks, write your goals for becoming a good youth.
- Now put the ten popsicle sticks together and try to break them.



Do they break? No!

- Now, separate the popsicle sticks and try to break them one by one. Yes! You can break the popsicle sticks now.

Reason:

Just how all the sticks can't be broken at once, not all problems or dilemmas can be solved at once. And not all goals can be achieved in one big swoop. Just like how we can break each stick individually, each problem can be solved separately. And each milestone can be achieved gradually.

So friends, when we feel that the destination is far away, we must not lose heart or think that we won't reach it! Let's take one step in the right direction today. By taking one step at a time, we will gradually approach our destination.



The Path of Pleasing..._____

Last week, mom was coughing up blood. She was having trouble breathing for many days. Even while sleeping she was short of breath. She lost her appetite and then she developed a high fever. She was taken to the hospital and tested. Immediately the doctor recommended surgery. Dad completed all the formalities without a second thought, and mom was admitted to the hospital on the same day. She was discharged from the hospital today. Yes, she has cancer. Second stage lung cancer!

Ever since she was diagnosed, from time to time she has to undergo chemotherapy and even radiation! Every day comes with a new challenge. Dad is struggling by himself in mom's



battle of life and death. Mom's speech has stopped. Her condition is worsening day by day. Now her hair is also falling out. Her body has become very weak. She can't talk much anymore, but she gives a big smile when she sees me. When she tries to talk, she starts coughing. She pats me on the head and then turns her face away. I know, mom cries like me when she is alone. And sometimes dad does too.

I miss you mom! I see you every day, but you have changed now. I want my old mom back. But if everything goes back to the way it was before, will I go back to being the same as before...?

“Tarun, put your phone away. It's





time to study. Have you forgotten about the test tomorrow?”

“Oh, come on mom! I do remember. The test is mine, not yours!”

Sometimes Dad would explain to Mom, “It's okay, Varsha. What do you think? That If you don't remind him, he will fail his test? And if so, then let him experience it once! Don't worry about it!” Then mom would calm down and I would get permission to use my phone a bit longer.

Even today I am sitting with my phone. But no games are fun to play. On social media, people look very happy. But no one is there to support me in this pain. Then I remembered mom's words.

“You are glued to your phone and laptop the entire day. As if they are going to come feed you every day!”

“Mom, stop nagging. Don't you see, I am doing my assignment!” I would answer her so rudely that it would shut her down. Then, I would go back to playing my games on the side screen and pretend as if I was doing my assignment.

I would pass my entire day on my

phone, using Facebook, Instagram, the internet, and watching TV and movies. Dad used to tell me, “Let's go out and play badminton. See, your friends are playing cricket. Why don't you join them? Look, I bought a new bicycle for you, Tarun!”

However, I would break my Dad's heart by replying, “Dad, why are you buying me a bicycle and badminton racket? I told you so many times to buy me an X-Box. The one that Rohit has.”

I used to fully misuse the phone that my parents bought me for doing online classes. There were a lot of complaints from my school as well. I used to criticize my teachers and wish that we didn't have teachers in school.

I didn't like to mingle with anyone. I used to go to my room when guests came home. Mom used to get angry, “If you stop mingling with people, how will you move ahead in life?”

However, it was just me and my phone. That was my world. I used to run

I used to fully misuse the phone that my parents bought me for doing online classes. There were a lot of complaints from my school as well. I used to criticize my teachers and wish that we didn't have teachers in school.



away from people.

One day I downloaded a dangerous app on my friend's advice. I reached level twenty. However, my friend was ahead of me. Suddenly one day I got the news that my friend tried to commit suicide on the last level. Luckily, his brother was around and saved him!

That's it! After that, my dad took away my phone. He deleted all my games. I was really angry. How do I pass my time now? I did not have any friends to go out with and play. I got upset with mom and dad and did not talk to them for almost a month. I cried a lot, but they did not give me my phone. They were afraid that I might do something like what my friend had done. I got really angry at them and ran away from home.

'No one understands me. Everyone is nagging me. I don't want to live in such a world.' Thinking this, I went for a walk on the bridge of a river. The police came there. Thinking that I was about to jump, they took me to the police station. They called my dad and said, "We have found your son." Dad immediately came to pick me up.

I came home. Mom was standing at the door. Her eyes were swollen as she had cried a lot. I had left a note before leaving home. Mom was holding that note in her hand. I had written in the note, "I am tired of this everyday nagging. No one understands me. No one allows me to use my phone. I am leaving this home and will not come back." As soon as mom saw me, she just hugged me and started crying.

“At this stage of lung cancer, the chance of survival is 35%. Let’s try our best. The rest is in God’s hands!”

From that day, I got my phone back. Everyone stopped nagging me. Yes, I had to ask Dad before downloading any app. Dad also stopped nagging me about simple games or social media. I got the life that I had wished for. However, I knew that mom and dad were not happy with me. It was as if I was using my phone against their will. I could see fear in their eyes. I had remorse in my heart, but I did not understand what to do!

Meanwhile, mom got cancer. I heard the conversation between dad and the doctor, “At this stage of lung cancer, the chance of survival is 35%. Let’s try our best. The rest is in God’s hands!”

It was as if the ground beneath my feet was pulled from underneath me! ‘What if mom does not survive?’ I was shaken by this thought.

The doctor told me, “Whatever time mom has left, try to keep her happy!”

I put my phone away from that moment on and started doing mom’s seva.

I remember my childhood days. Al-



though our financial condition was not good, my parents sent me to a very expensive school. Mom worked in a chemical factory for ten years to pay for my education. They sacrificed so many things for me and I did nothing to make them happy!

Mom, please get well soon. Please become like before. I will not get angry if you nag. I don't like it when days go by without your nagging. I was stupid to have left home for such a small thing. I can understand how much pain you must have felt. What if something would have happened to me? I would have given you the gift of tears for the rest of your life!

Mom, I will tell all my friends to not make a mistake like me. No one should disobey their parents. If they ask you to go outside to play, agree with them. If they ask you to study, then study. Don't

be upset if they get angry at you, because they are telling you for your own benefit. T.V, internet and phones have made us weak. I wish I would have listened to you earlier, mom! Mom, you really wanted me to mingle with other people, right? Look, I am leaving my phone and going out to play cricket. Instead of spending time on Facebook and chat, I am talking to Dad. I am regular in my studies as well. I am doing my homework on time.

I promise, mom! I will never disappoint you. I will also listen to Dad. I am not like before, mom! So, mom, please become like you were before!

Friends, Tarun understood but it was too late. Let us also understand before it is too late. Let's take one step ahead on the path of pleasing!





Nature is benevolent to us that this young generation has a healthy mind. Usually, a healthy minded generation does not exist. However, when it does exist, it does the salvation of the world. This youth generation needs someone who can guide them.

- Dadashri



Mohandas's

Promise to His Mother



The monk said to
Mohandas, "Give your
mother three promises.
Then she will let you go."



When Mahatma Gandhi was young, he had the opportunity to study abroad. Once he gathered the required finances to go abroad, there was another obstacle that arose. If Mohandas goes abroad, then what about following religion? What explanation would he give to the members of his caste? Such questions arose in the family.

His mother, Putlibai, was worried that her son would get defiled by indulging in alcohol, meat and fornication abroad. So, she refused to let him go and Gandhiji was placed in a dilemma. Then a monk showed Putlibai the idea of making him take a vow and his mother liked it.

The monk said to Mohandas, "Give your mother three promises. Then she will let you go."

"I'm ready, what are the promises?" Mohandas showed readiness.

"First, don't drink alcohol. Second, don't touch meat. And the last promise is to treat every woman as a mother or a sister. Are you ready to take the vows?"

"Yes, I am happy to make this promise!" Mohandas vowed, "Mother, I bow down at your feet and promise that I will not eat meat, I will not drink alcohol and I will look upon every woman as a mother and a sister!"

However, it was not easy to follow these vows abroad. A very cold winter had started. Friends urged Mohandas, saying that drinking a little whiskey



would keep him warm, but he remained steadfast and did not even touch alcohol. At that time, pure vegetarian food was not available there, so he ate jaggery and roti for four days of the week and fasted for three days! Every time he remained aware of how hurt his mother would feel if he were to break the vows. Once, along with some friends, he came into a crowd of bad company where young men and women used to gather and party. At that time Mohandas remembered his vows and he got out safely from that adulterated atmosphere.

Regardless of his happiness, comfort and status, Mahatma Gandhi followed his promise to his mother, and kept that promise till the end of his life! This is the same Mahatma Gandhi, who dedicated his whole life for the freedom of the country and showed the world the lessons of truth and non-violence.



Spend Your Life in Seva

Friends, Pujiyashree has told us to have the goal of spending our lives for the happiness of others. And, you must have heard that the heart blossoms and the intellect becomes normal by doing *seva*. The one who does *seva* feels happy, and the problems of the one who receives *seva* get solved. So, by doing *seva*, we definitely receive a lot of blessings from the one whom we serve.

Let's hear such a *seva* experience from a youngster.

In 2018, Gurupurnima was being celebrated in Jacksonville, U.S.A. 'The YMHT+' group was formed for youngsters above the age of 21. These youngsters joined *seva*. Let's hear the experience in the words of an Aptaputra.

Aptaputra: Almost thirty-five hundred people had gathered in the U.S.A for Gurupurnima. Everyone had come from different states. There were a lot of senior citizens as well. So, a question arose, "How do we take care of them

appropriately?" This youngster group gave us a guarantee that they would take care of all the senior citizens. And they did take care of them nicely!

The YMHT youth went to the airport to receive the senior citizens. Everyone, including children were doing *seva*. Young children first welcomed the senior citizens. Even their own grand kids would not welcome them this nicely. The senior citizens were overjoyed with this. Then, they were helped with boarding the bus. Another team welcomed them when they arrived at the hotel. They didn't have to go anywhere. Everything was done by the YMHT team. The YMHT team did their registration, found their hotel room and dropped them to their room. Those who could not walk were taken in a wheelchair. Those who could walk on their own were accompanied to their rooms. Young girls accompanied the female senior citizens and young boys accompa-

“ The youngsters were overjoyed because they got so many blessings from the senior citizens! Both groups had a good time! ”

nied the male senior citizens. The YMHT team gave the senior citizens their phone number and assured them that they would be available for their service any time.

Then, they again accompanied the senior citizens to the satsang hall. They took them to the rest room during the break. Female senior citizens really blessed these youngsters. And the youngsters were so happy that they got blessings. Both of them enjoyed. The youngsters sat in the satsang hall in a way that their assigned senior citizen could see them. Why? The reason is, if the seniors wanted to go to the restroom during the satsang, they could easily reach out to the youngsters. The seniors did not have to stand in the food lines. The youngsters prepared their plate and brang it to their table. The intent for doing seva increased in the

hearts of the youngsters. Around one hundred and fifty senior citizens who did not plan to come to Gurupurnima, came because this seva was offered.

Then we heard everyone's experiences. The senior citizens had great experiences, but the youngsters' experiences were even greater. The youngsters said that they got attached to Gnan because of this seva. They understood what Dada is trying to explain and how to live heartily. They said, "We got so many blessings from the seniors because of the seva. Who would give such blessings to us?" They said, "We will do this seva in every Gurupurnima! We will always do this seva as the Hospitality team."





Experiences of Today's Youth

In the youth camp there was a session on 'Benevolence of Parents'. In that session, I realized how many favors my mom and dad have done for me till today, and how I have treated them in return for those favors!

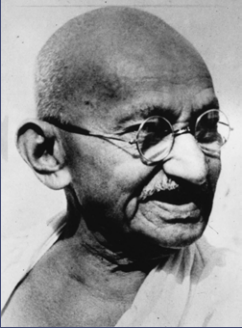
After that session, I decided to never see faults of my parents again. In the session, we were told that we should touch our mom and dad's feet every day. After that I started doing it. I benefited a lot from it. I stopped seeing their faults. Even if something arises, immediately afterwards the reverence towards them comes back.

- Darshit, Rajkot

During the lockdown, a lot of my time was spent playing games and watching web-series. Then during an online summer camp, I got a chance to do seva with the Akram Youth Magazine team. After joining the seva, I realized that I read a magazine and then let it go. But it takes a lot of effort to make it. I got to know that there are so many people that put in so much thought in making one magazine! There are so many teams working behind this. It takes a lot of time to make it, while reading it only takes ten minutes. Then I realized the true importance of all seva like Akram Youth Magazine. After that I dedicated my extra time for seva. I also started making good use of time and instead of spending it on my phone or TV. I continuously thought of how to make the best magazine and how to take Dada's words and use them as content.

- Tirth Shah, Vadodara

Quotes



Responsibility will calm the youth and prepare them to perform their duties with accountability.

- **Mahatma Gandhi**



We cannot always build a future for our youth, but we can always build our youth for the future.

- **Franklin Roosevelt**

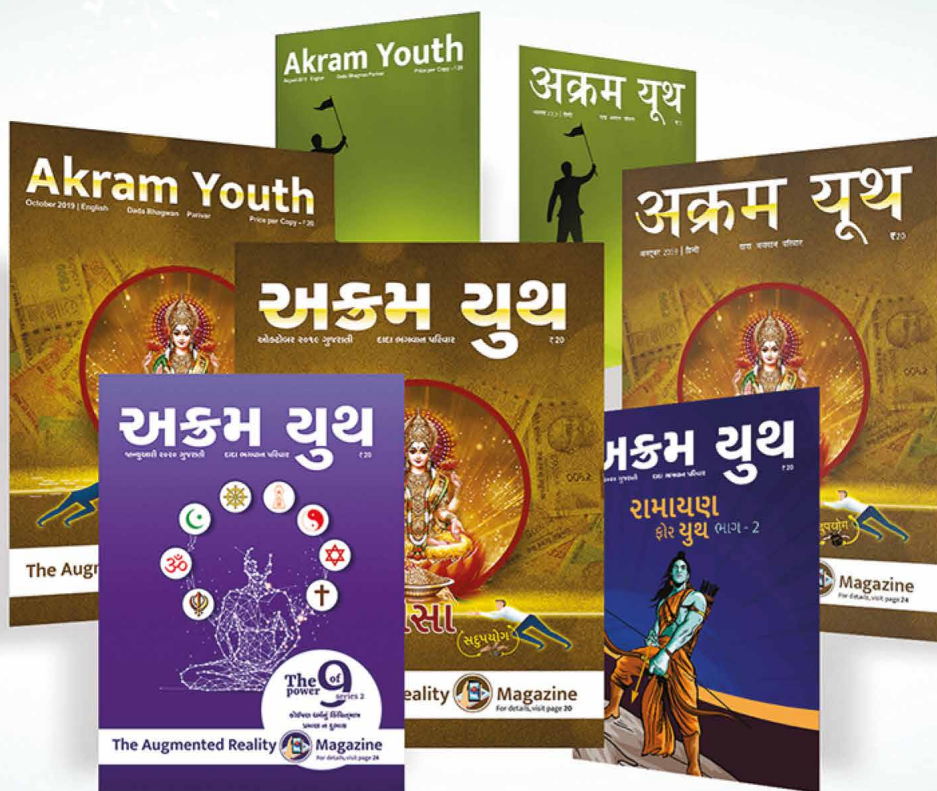


Whatever you think, that you will be. If you think of yourself as weak, you will be weak; if you think of yourself as strong, you will be strong.

- **Swami Vivekananda.**

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Poem

Naachta pag che, ne git che ena mukhma...
Thodaa chanchal che, raache che mohna sukhma...

Maanyu vyavaharma, thodi-ghani nirbalta che...
Pan noble che, manma emna vishaalta che...

Asarma aavi jay, manobal sajjad nathi...
Pan aagrah abhiprayni, emne pakad nathi...

Je che e chokhkhu che, koi aadhaarpat nathi...
Munjvan che pan, dilma emna kapat nathi...

Dadashri kahe, hati nahi aavi yuvaani koivaar...
Jo emne mali jay, koi saacha raste dornaar...



By Dada's Youth

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Because the youth of today don't have any direction, they experience suffocation. But such a young generation never existed. One that is clean and pure. They need someone to guide them. If someone were to guide them, India would be alright. In a short time they will find someone to guide them. They will find everything.

- Absolutely Revered Dada Bhagwan

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