

Akram Youth

February 2022 English

Dada Bhagwan Parivar

The End
of Life

Table of Contents

February 2022

Year: 9. Issue: 10

Cont. Issue: 106

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

Editor - Dimple Mehta

Printer & Published by
Dimplebhai 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 Multiprint
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.

© 2022, Dada Bhagwan Foundation.
All Rights Reserved

04	Why Did You Leave Us?
06	Through the Gnani's Scientific Vision
07	Yamraj or Niyamraj?
08	The Cause of Death!
10	What Happens During the Time of Death?
12	The Effects of Karma Are Justified
14	The Photo for the Next Life
15	Every Single Second Is So Important!
16	What to Do During the Death of a Relative?
18	Samadhi Maran
19	The Gnani, a Living Wonder
20	Mahatma's Experiences
21	Can the Fear of Death Be Removed?
23	#Poem



Dear friends,

The cycle of birth and death is inevitable and is not in anyone's control. He who is born must die. This is a reality that every person has to face in their lives and it is very painful to accept the death of a relative. There are various myths about death, but no one has been able to reveal the true meaning of death. Because the one who is dead cannot tell his experience and the one who is born does not remember the final moments of his last life. Thus, the question of death has kept people in delusion and fear for eternity. Even progress in the field of science has not been able to shed light on this matter.

In this issue of Akram Youth which is based on a serious and sensitive subject like death, an attempt has been made to unravel the mysteries of this most difficult and infamous stage of life. Hopefully the facts revealed by the Gnani Purush Dadashri will give us a proper understanding to accept this bitter reality. At the same time, if we ever face such a situation in life, this understanding will help us and make us capable of helping others come out of their grief while maintaining our own stability...

- Dimplebhai Mehta

Why Did You Leave Us?



Hemaben had been on a ventilator for the past three days. Outside, her son Jay was sitting next to his father, Rameshbhai. Anxiety was clearly visible on Rameshbhai's face while his hand was patting Jay's back. With closed eyes they were constantly praying. Jay's eyes were fixed on his father's face.

Suddenly the frequency of doctors coming in and out of the room increased. Rameshbhai stood up. He was about to ask something, but the doctors were busy attending to the patient. So, they asked Rameshbhai to sit in the waiting area and went back to their duty.

A few days ago, Hemaben had a fever, so they went to the doctor and ran some tests. Pneumonia was detected. Medicine didn't make any difference. Her health kept deteriorating. She started having difficulty breathing and was admitted to the hospital. Even then, her condition did not improve. She was out of breath. The oxygen levels were fluctuating between 40 and 50... so she was put on a ventilator.

Calling out "Rameshbhai", Dr. Mehta came to him. Seeing the doctor, many questions arose in Rameshbhai's eyes. But he was not able to speak. He just silently looked at the doctor.

Putting his hand on Rameshbhai's shoulder, Dr. Mehta said in a slow but steady voice, "Hemaben does not have much time now."

Hearing this, Rameshbhai felt like the sky had fallen on his head. He immediately ran to Hemaben's room. Jay ran after him.

Hemaben was sleeping soundly. There was an oxygen mask on her nose. An I.V. drip was inserted in her hand. The medications were ongoing through the I.V. Next to the bed was the monitor. Her heartbeats were displayed on it. The waves of fast-moving heartbeats were slowing down.

Hemaben could not make any movements. Only her eyes were looking at these two. She wanted to say something but couldn't. Rameshbhai was looking at her with sad eyes. Jay was devastated seeing this scene. He remembered an occasion that happened a few days ago...

"Jay... my dear, eat first and then you can study. I still have a lot of work to do. If you finish eating, I can complete the rest of my chores."

"Oh, please mom, how many times will you tell me! Stop talking. I already told you that I'm coming."

"I will stop talking forever. Then you will remember me!"

At that moment, Hemaben began

to have difficulty breathing. Hearing the sound of her labored breathing, Jay came back to the present. Her heart-beat was slowing down. Rameshbhai took Hemaben's hand in his. And that's when Hemaben took her last breath!

Her hand fell loosely in Rameshbhai's, and her eyes remained open. Uncontrollable tears were flowing from Rameshbhai's eyes.

The doctor came and closed Hemaben's eyes.

Seeing this, Jay cried out loudly, "No mom, you can't leave me like this! I will never be angry with you. Please... come back. "

Jay was crying loudly and Rameshbhai was crying softly. He put his hand on Jay's head.

"Dad, tell mom to come back just once, please!"

Rameshbhai was silent. What could he say?

"Why dad,... why does everyone leave like this one day? What is all this? What is this?" He put his head on Hemaben's feet with these unresolved questions and cried, "Please mom, can you tell me why you left us?"

Just then, Jay's best friend Ravi came running into the hospital. Ravi could not stand the sight of Jay's anguish. Days went by, but Jay wasn't in a state where he could search for the answers. So Ravi searched for the answers on Google.



Through the Gnani's Scientific Vision



Questioner: What is death?

Dadashri: Death is like this. Say a shirt is stitched. That is equivalent to the shirt's birth. And as it takes birth, it is inevitable that it will die! Anything that is born is bound to die. Whereas the Self is never born and never dies; It never undergoes death. So, all things that are born are bound to die, and because they die, they will be born. So, birth is linked with death. Where there is birth, there is bound to be death!

Questioner: Why is there death?

Dadashri: Death is such that when this body was born, that was a circumstance, and it will not refrain from dissociating, will it! Circumstances are always prone to dissociation by their inherent nature. Just as when you went to school to study, there was a beginning, wasn't there? Later, it came to an end, didn't it? Everything has a

beginning and an end. All these things have a beginning and an end. Did you not understand this?

Questioner: I understood!

Dadashri: All these things have a beginning and an end, but who is it who knows the beginning and the end?

All these things that have a beginning and an end are temporary. That which has a beginning has an end. That which has a beginning definitely has an end. These are all temporary things, but who is the Knower of these temporary things? 'You' are permanent. This is because, as You are saying that all these things are temporary, it means You are permanent. If everything was temporary, then there would be no need to call anything temporary. Temporary is a relative word. It is because that which is permanent exists, that there is something that is temporary.

Yamraj or Niyamraj?

Ravi: If 'the end' of every life is decided, then my grandmother says, "When Yamaraj (the mythological God of death in Hinduism) comes to get you, then you die." I have also read stories and seen in movies that someone with a black hood will come to get you at death. So, is that all true?

According to many peoples' belief, if a dog cries at night, they will say, "Yamraj has come to take someone's life." The messenger Yamraj first gives us a lot of pain and then takes us to Yamlok (place where Yamraj resides). Yamraj, with huge eyes and teeth, comes on a buffalo. Such descriptions continue to frighten us from childhood. But a Gnani like Dadashri reveals that there is no one named Yamraj. Yes, there is Niyamraj. One takes birth, lives his life, and dies as per the laws of nature. If one receives such correct understanding, then will there be any fear?

There is no one named Yamraj. It is actually Niyamraj (the governance of nature). Niyamraj runs everything. Only Niyamraj gives life and only Niyamraj takes life. - Dadashri

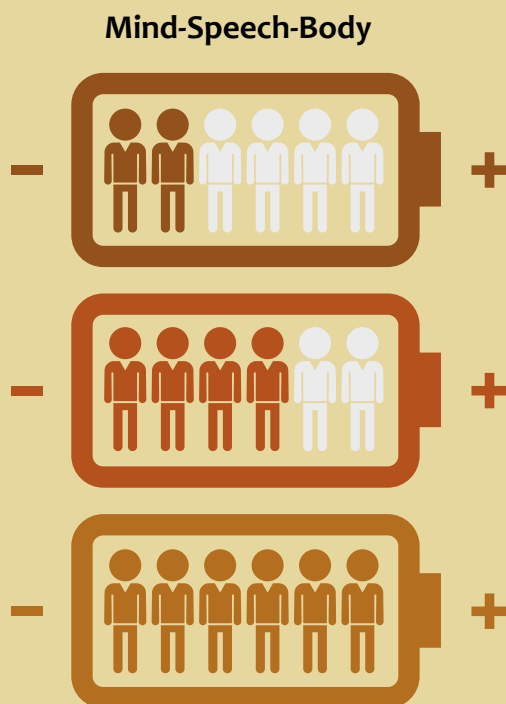


The Cause of Death!

Ravi: If there is no one like Yamraj, then how does death occur? Jay's mother was not very old. An eighty-year-old grandmother is still alive in his neighborhood. So, what really causes death? What is the basis of one's lifespan?

Questioner: So why does death take place?

Dadashri: It's like this; at the time of birth, the three 'batteries' of the mind, speech, and body start giving off effects in the womb. Until these effects come to an end, until the account of the 'batteries' comes to an end, the 'batteries' remain, and once they deplete, that is what is referred to as death. However, by then, new 'batteries' have been charged for the next life. New 'batteries' for the next life continue to be charged within and the old 'batteries' are discharging. In this way, charging and discharging continue to happen. This is because one has the wrong belief [of 'I am Chandubhai']. Therefore, causes are created. As long as there is the wrong belief, there is attachment and abhorrence, which gives rise to new causes. And once this wrong belief changes and the right belief [of 'I am pure Soul'] sets in, then attachment and abhorrence and new causes do not arise.



Lifespan Based on Respiration:

The rule is that the lifespan of a human depends on the rate of breathing. The lifespan of a normal human being is one hundred years. This lifespan is based on normal human respiration. Now if breathing is slower, then the life span could be 140 years and if it is faster, then the life span could also be only 30 years.



Death Does Not Happen Without the Signature of the Ego:

No one wants to leave this world. But the law of nature is such that no one dies without their signature.

How is this signature done?

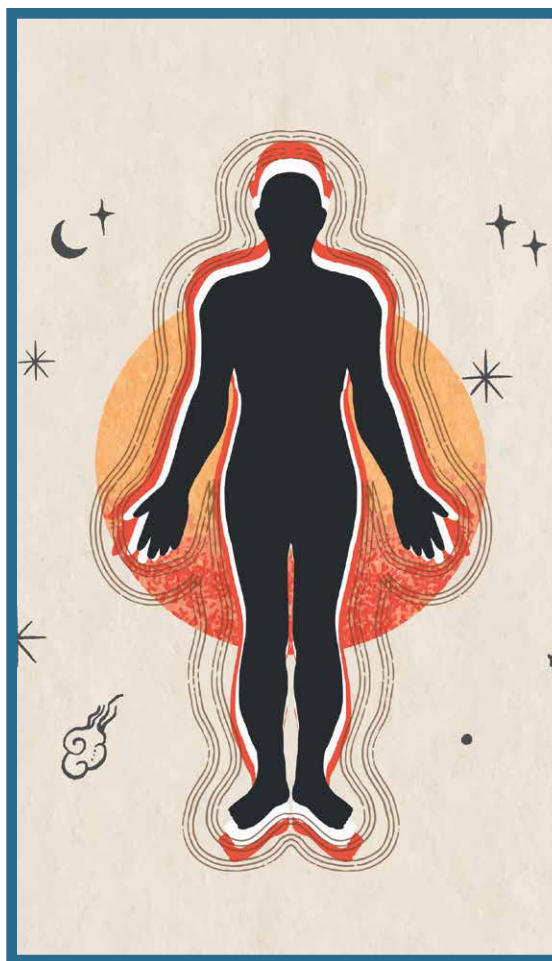
For example, when a person is admitted to the hospital or if someone has an accident, when there is extreme pain in the body and when the pain becomes intolerable, he will cry out, **“Oh God! It's better to let go of this body now!”** That is known as having signed.

Death cannot come until the ego provides its signature.



What Happens During the Time of Death?

Ravi: Oh! So, after the ego has signed, what happens at the time of death?



The soul, the causal body and the electrical body leave together.

Just as a snake leaves one burrow and enters another one, the soul leaves one body and enters another womb simultaneously.

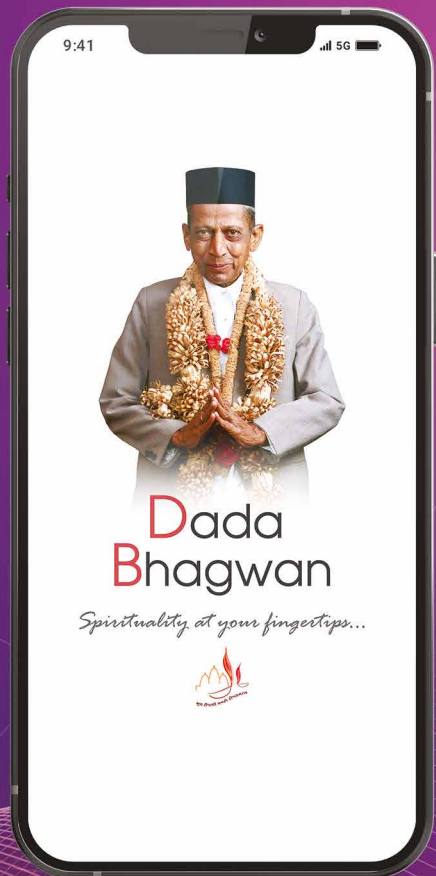
If he is to die in Ahmedabad and be born in Vadodara, then the soul elongates to the new body without leaving the old body. When the union of the father's sperm and mother's ovum occurs, the soul enters the womb. It leaves the old body and enters the new one.

The soul does not leave the physical body and travel alone. The causal body and the electrical body go with it. So, the three of them leave together.

- **The electrical body** has the power to run all physical activities, like eating, drinking, digestion, blood circulation, seeing through the eyes, etc.

- **The causal body** fills the entire (physical) body in the form of subatomic particles. From the subatomic particles, the effective body gets formed for the next life. Just like a banyan tree that grows from a banyan seed.

Param Puja Dadashri's,
Puja Niruma's and
Puja Deepakbhai's
-Satsang
-Books
-Photos
-Audios
-Videos
Etc...



For Free
Download
Scan Here



satsang.dadabhagwan.org



The Effects of Karma Are Justified

Goshala and Lord Mahavir

"I am the omniscient Tirthankar. Mahavir Swami calling himself a Tirthankar is hypocritical!"

Lord Mahavir's own disciple Goshala started spreading such rumors about Lord Mahavir, from whom he had originally acquired *Gnan*. The ultimate disciple of Lord Mahavir, Gautam Swami, came to hear of this. So, he asked Lord Mahavir, "Goshala calls himself the omniscient one. Is it true that he is omniscient?"

All the absolutely detached Lord said was, "That is not true!"

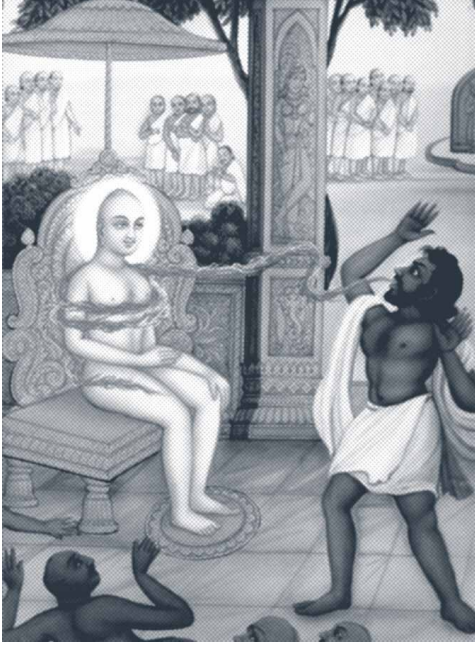
Hearing this, Goshala was filled with anger. Fearing that his lies would be revealed, he said, "You call yourself a Tirthankar? I will defeat you in a debate, so people will know who the true omniscient one is." Saying this, he left.

Lord Mahavir told his disciples, "When Goshala returns, he will say disrespectful words. No matter how much he scorns me or insults me, all of you

remain silent."

Gautam Swami asked the Lord about the cause of Goshala's hatred. Lord Mahavir replied, "This is the karmic account of the past life." Then He described it.

Twenty-seven lifetimes ago, Lord Mahavir and Goshala were Guru and disciple. One time Lord Mahavir was preaching on non-violence. Goshala thought, 'How can one follow such non-violence? Instead of this, let me find another way.' Thinking that, Goshala separated from his Guru. In that life, Goshala died from being struck by lightning. Due to extreme hatred towards his Guru at the time of his death, he went to a lower life-form. After going through many lifetimes in a lower life-form, he came back as a disciple of Lord Mahavir in this life. Due to the karmic account from his previous life, not only did he stay with Lord Mahavir, but his hatred continued in this lifetime.



The Lord said to Goshala, “Nothing will happen to me. ‘We’ still have fourteen years of life left for salvation. But this Tejoleshya that you threw on ‘us’ has entered your body. Now you will die in seven days.”

Goshala was terrified. Out of fear of death, he said, "I am not a Tirthankar." He confessed to his disciples and said "I made a mistake. The only true Tirthankar is Lord Mahavir. You all go to Him." Goshala passed away seven days later.

Then Gautam Swami asked Lord Mahavir, "Which life-form will Goshala go to?"

The Lord said, "He will go to a celestial life-form."

Gautam Swami was surprised that in the previous life, Goshala had gone to a lower life-form due to his hatred for his Guru. However, even after committing such a big crime in this lifetime, Goshala will go to a higher life-form. How is that possible?

The Lord said, "Before he died, he repented and confessed to his disciples. The result of that is, he will achieve a celestial life-form. He will still have to pay for the rest of his deeds. For which, he will wander for many lifetimes."

The effects of karma are justified. Which life form will we achieve in the next life? That is decided based on our internal state at the time of death and according to our karmic account.

The next day Goshala came to where Lord Mahavir was and started insulting the Lord and said, "I will throw a Tejoleshya (burning meteor-like weapon) on you and burn you." The Lord was quietly listening to everything. But Lord Mahavir's two disciples, who were very fond of Him, could not tolerate this. The two sages Sarvanubhuti and Sunakshatra tried to make Goshala understand, "O Goshala! You have considered the Lord as your Guru. He has even given you *Gnan*. Why are you being disrespectful to your Guru? Does this seem right to you?"

In a fit of rage, Goshala threw the Tejoleshya at both the sages and burned them. And then he threw the Tejoleshya at Lord Mahavir to burn Him. But the Tejoleshya was unable to burn the Lord. After circulating around the Lord, the Tejoleshya turned around and entered Goshala's body. The Tejoleshya caused severe burning within Goshala's body.

The Photo for the Next Life

Ravi: How is it determined where our next life will be?

When $\frac{2}{3}$ of our life is over, the photo of the next life is taken. So, this is when it is decided where our next life will be.

These photos are constantly changing. One time the photo could be of a human being, another time it could be of a celestial being, and the third time it could be of an animal. The photo keeps on changing. But the last photo that is taken is considered final. If a human being is in a virtuous internal state or an internal state in which One prevails in the awareness of 'I am pure Soul' during the final $\frac{1}{3}$ of his life, he will achieve a much higher life-form.

So according to this math ... let's say your life span is 81 years. So,



First Photo – Taken at 54 years of age.

Second Photo – Taken at 72 years of age.

Third Photo – Taken at 78 years of age.

Fourth Photo – Taken 120 days before death, at 80 years and 8 months of age.

Fifth Photo – Taken 40 days before death.

Eventually...

The Final Photos – Taken 1 minute

before... 40 seconds before... 7

seconds before... and then the last photo is taken.

Every Single Second Is So Important!



We do not know how long our lifespan really is or when our last moment will be! So why not become alert from right now? Let's be careful that the photo taken is good, no matter which moment it is! And it is not that we will be okay if we do whatever we want our entire life and make sure the last photo taken is good! It is a summary of our entire life that flashes in front of us at the time of our death. And our next life will be based on that summary.

So, why not remain alert from now on?

What to Do During the Death of a Relative?

Ravi: I learned so many new things about death today. But how much will I remember when someone close to me dies? Jay cries every day remembering his mom. So, what should we do at such a time?

Prayer

If we suffer after the death of a loved one, those vibrations will reach them, and they will suffer wherever they are. For example, if you and the dying person hold the two ends of a rope, if you pull your side of the rope, the other side will get pulled as well. Instead, you should pray that, "Wherever they are, may their soul find happiness and peace." These positive vibrations will bring them peace.





A Prayer for a Deceased Person

With the live presence of Dada Bhagwan and Lord Simandhar as my witness, the pure Soul who is separate from the mind, speech and body complex, charge karma, subtle discharge karma, and gross discharge karma, * and all illusion related to the name of *, grant such grace that wherever * may be, may he/she attain happiness and peace. May he/she attain liberation. I am asking for forgiveness for all the attachment and abhorrence, anger, pride, deceit, and greed that have happened with * up until now. I am sincerely and deeply repentant for these mistakes. Please forgive me, and give me the energy to never repeat these mistakes.

* Substitute the name of the deceased person here.

(Keep doing this prayer. Later, this prayer may be repeated every time the deceased person comes to memory.)

Samadhi Maran

Ravi: But death means pain, sorrow, despair, and crying, doesn't it? Is death possible without this? A death that does not cause pain to the one passing away or to the people around him?



Samadhi Maran means that even though the body is in pain, nothing touches You (the Self), and the people nearby don't experience sadness. During the last moments, you don't remember anything except for the Self. The awareness that 'I am pure Soul; I am pure Soul' continuously remains. Such *Samadhi Maran* is possible with *Atma Gnan*. That *Gnan* which does not let you suffer during any kind of difficulty and which can only be obtained from a *Gnani*.

So, let's listen to the experience of *Atma Gnani Niruma* explaining how this *Gnan* helps us during the time when our loved one passes away.



The Gnani, A Living Wonder

True *Gnan* is that which works on its own. You do not have to do anything. It is the direct awareness of the Self. So, I felt that the topmost priority of my life should be to help others realize this *Gnan* through the medium of Dada.

Within six months of taking *Gnan*, my father died suddenly from a heart attack. So, when I got the news that he had passed away, the first thought that arose from within was that he is a pure Soul. And the soul never dies. He has given up his old, worn-out clothes and put on a new coat. That is good for him. What is wrong in that? If I cry, I will be crying for my own selfish reasons, not for him. There was stillness and peace within, and the bliss of the Self remained continuously throughout. There was no change in it. It was the first time in my life that I had such an experience.

My mother had passed away two years before I took *Gnan*. It was a very painful experience at that time. There was tremendous suffering. I could not stop crying for six months. Whereas here, there was not a single second of sorrow. There was complete bliss. The sadness did not touch me. Then I earned medical degrees one after another. Even then there was no sudden impulse of joy. There was absolutely no difference in my internal state. The bliss of the Self remained constant. So, I noticed that this *Gnan* was working on its own. I had not made any efforts or done anything for it.

True *Gnan* is that which works on its own. You do not have to do anything. It is the direct awareness of the Self. So, I felt that the topmost priority of my life should be to help others realize this *Gnan* through the medium of Dada. As Dada was unique, he would not tell people, 'I have this *Gnan*, so come to me and attain this *Gnan*, etc...'

I was 23 years old when I met Dada and He was over 60 years old. If He passes away, no one will get to know about Him. Everyone should get this *Gnan*, because everyone needs it.

Mahatma's Experiences

Ravi: But Niruma was a *Gnani*. Is this experience possible for ordinary people?

At the time of my grandfather's death ...

How I envisioned the suffering I would have when faced with losing someone close to me & what happened were two complete opposites. When my grandfather left his body, I felt a different type of inner peace. Despite being extremely attached to him, I felt bliss and did not have any suffering within. Having *Gnan* truly helped me a lot to keep separate from what was happening outside. I also found that the echoes of my positivity reached other family members. So, in turn, it helped them become positive as well and remain calm.

- Radhika Patel, UK (24 years)

At the time of my father's death ...

It feels as if Dada is with me all the time. Whenever something goes awry, Dada says from within, 'I am with you!' Then the fear goes away. If someone calls for consolation, it does not seem that the situation is bad. It continuously feels that Dada is with me. I did not have any worries about what would happen to me and I did not cry at all. There was amazing peace till the end. There was nothing, as if nothing had happened! It felt as if Dada was standing right in front of me.

- Karishma Shah (18 years)

Can the Fear of Death Be Removed?

Ravi: Today I understood the reality of life and death. But practically speaking, if someone tells me, “Ravi, tomorrow will be the last day of your life.” Then, that thought would make me have goosebumps. Many thoughts would swirl in my mind.

- Leaving my family and friends?
- What about my life goals if I die?
- What will happen to me after death?
- When we die, we are alone, right?

How do I get rid of all these fears?

Gnani with Youth

Questioner: Sometimes I have scary thoughts about dying. The more I think about it, the more confused I get, and the more questions I have. Help me so that I understand more about life.

Pujyashree: Do you take a bath every day?

Questioner: Yes, I do.

Pujyashree: Yes, so you take off your old clothes and put on new ones. That means you are permanent and the clothes keep changing every day. Sometimes in the afternoon, if you have to go to a wedding reception or somewhere else, then you change your clothes again. So, the body is temporary, and the soul is permanent. Is the body temporary or not?



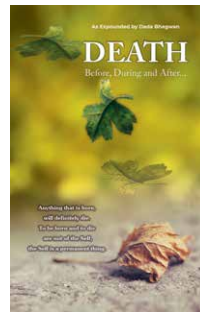
Questioner: Yes. And I think about that as well, like was I before I was born?

Pujyashree: That is not important. Where You want to go is very important. And you must realize that You are permanent. That is important. So, these are temporary phases, and they will change. 'You' are permanent. 'You' are the Knower and Seer. 'You' must understand that all the relative things are temporary adjustments, and that You are Real and permanent. So, You are a pure Soul, You are immortal, You are permanent. 'You' must understand this.

The ego is always afraid that, 'What will happen after my death?' But the soul never feels afraid because it experiences that it is permanent. Due to ignorance, the ego has arisen. And with respect to the body, the ego believes, 'I am this body, so if this body dies, then I will also die.' But really, He does not die. He leaves this body and takes a new birth. So don't worry, you're not going to die. The mind will show, 'What will happen?' The mind and intellect will show, 'This will happen after I die.' Then say, 'You are going to die; I am not going to die. I am a pure Soul.' Converse like this with file one.

While Ravi was reading all this, he found the book "Death: Before, During and After" on the website. He downloaded the **PDF** and read the entire book in one sitting. All the things he had read on the website and so much more is what he read in the book of Param Pujya Dadashri.

Ravi thought, 'It will be difficult to explain such a sensitive topic like death to Jay. What if I send him this book first?' Ravi shared the link of the book with Jay on WhatsApp.



For Free download



Scan Here

Jay's reply came within just two days.

Jay: Ravi ... where did you get this book? Who is this Dadashri?

Ravi: Did you like it?

Jay: Yes! All my questions have been answered. After reading this book last night I was able to sleep peacefully for the first time. Thanks Ravi! I want to know more about this Dadashri.

**And a ray of hope shined on Jay's sad life.
His life was filled with new hope.**

#Poem

Thodo Ochho Janito Vishay etle Mrutyu...
Manav no Anmanito Vishay etle Mrutyu...

Chitra-Vichitra Dharna ono Vishay Mrutyu...
Lokoma Bhay-Bhramana ono Vishay Mrutyu...

Ram, Krishna ke Mahavir Noy Hisaab Mrutyu...
Manase Aapvoj pade e Jawab Mrutyu...

Manase Chokkas Swikar vano Vishay Mrutyu...
Gnanishree Drashti e Samaj vano Vishay Mrutyu...

Dadaji Kahe che Samanya che aa Vaat Mrutyu...
Be Sawar vacche pade che je e Raat Mrutyu...

Bas Juna Vastra Badalvano Vishay Mrutyu...
Aagal ni Yatra e Javano Vishay Mrutyu...

Dehnu to Vitaraago e pan rokyu nathi Mrutyu...
Aatame Jova nu nathi ne Joyu nathi Mrutyu...



By Dada's Youth

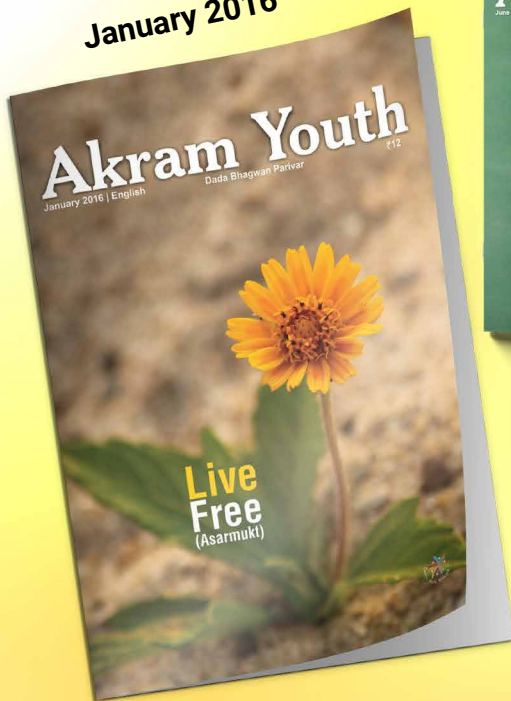
February 2022

Year: 9, Issue: 10

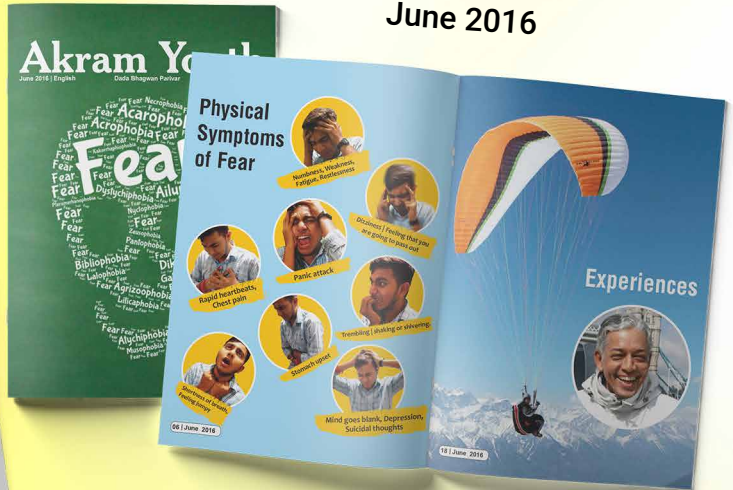
Cont. Issue: 106

A must read

January 2016



June 2016



For Free download,
visit www.akramyouth.org



Scan Here

Send your suggestions and feedback at: 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.