

Akram Youth

May 2022 English

Dada Bhagwan Parivar

Expectation



Table of Contents

04 Test Yourself

06 Even You Forgot?

10 Gnani With Youth

12 Results of Expectation!

15 The Other Side of The Coin

19 Niruma's Life Without Expectations

21 Youth Experience

23 Poem

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Editorial

Dear friends,

I am confident that the keys of understanding you receive every month through the Akram Youth magazine must definitely be helping you resolve your everyday confusions and issues.

This month's Akram Youth magazine is going to provide you yet another golden key. The topic for this month's Akram Youth is, 'Expectation'. It is a very simple word and is normally used in daily life. We continuously have expectations for things and for people. From the time we wake up in the morning until we go to bed, we continue to have expectations for our parents, friends, siblings, teachers and things. We become unhappy when things don't go according to our expectations.

If the understanding that has been compiled in this edition is maintained in all situations, then you will forever remain happy and blissful. Such is my expectation, sorry hope. I don't feel the slightest of awkwardness in hoping for this. Jai Sat Chit Anand!!!

- Dimplebhai Mehta



Test Yourself !

Answer the following questions.

1. If I have sent a WhatsApp message to my best friend and it has been blue ticked, even if he has read the message, if there is no reply, I will be disturbed and keep checking my phone.

☐ Never ☐ Sometimes ☐ Always

3. If I have a quarrel with my brother, sister or a friend, I feel like they should come to me and say sorry.

☐ Never ☐ Sometimes ☐ Always

2. I get hurt if all my friends are planning to do something together and they don't message me.

☐ Never ☐ Sometimes ☐ Always

4. I feel bad if people only talk nicely to me when they want something from me and then they forget about me.

☐ Never ☐ Sometimes ☐ Always

5. I feel like my Mom should only cook the food that I like every day.

☐ Never ☐ Sometimes ☐ Always

6. I don't like it if a friend or colleague meets me on the road and does not give me a proper greeting.

☐ Never ☐ Sometimes ☐ Always

7. When I am sick, if my friends don't inquire about me, I hold that against them.

☐ Never ☐ Sometimes ☐ Always

8. I get angry if I have an exam early in the morning and no one wakes me up.

☐ Never ☐ Sometimes ☐ Always

9. I set goals for myself that are beyond than my capacity.

☐ Never ☐ Sometimes ☐ Always

10. I wish my friends would take my side when the two of us have different views.

☐ Never ☐ Sometimes ☐ Always

11. I want people close to me to understand and appreciate me.

☐ Never ☐ Sometimes ☐ Always

12. When I can't speak in front of everyone in the group, but I have the desire to share my point, I hope someone asks me about my viewpoint.

☐ Never ☐ Sometimes ☐ Always

13. When I want to do a nice job on a presentation, if it doesn't go well, I get upset or disturbed.

☐ Never ☐ Sometimes ☐ Always

Now let's sum up the answers. Never = 0 points; Sometimes = 5 points; Always = 10 points

Now let's note down this score. This score will help us understand where, from whom, and how much we expect.

Even You Forgot?

"Here you are crying... and he is calling you over and over again... something has happened right?"

"Nothing Dad. Leave me alone please!"

"Sure. Take your time. But Arya dear... remember, your friendship with Shlok is your strength. Don't let that become your weakness!"

Arya and Shlok were childhood best friends! Whether it was a study session or a birthday party, games or sports, a picnic or an outing, they were always together. Both also got admission in the same college. Arya got busy studying and doing research with the professor. Shlok, on the other hand, started a part-time wildlife photography course along with his college work. In this course, Shlok made new friends. Arya was focusing on studying in his free time, so he made less friends, but he got along with Shlok's friends. A year went by without a hitch. In his first year of college, Arya came first in the university.

Arya wanted Shlok to be the first one with whom he shared his happiness.

"Hey Shlok! Guess what?"

"Congrats Arya! I knew you would top the exam. When are you throwing a party?" Shlok asked.

"Very soon!"

Arya was excited for the party. After finishing his research work in two to three days, he planned the party on a weekend so that Shlok could join. He also invited all of his friends and finally called Shlok. But Shlok's phone was out of reach. The second time... the third time... every time the same voice recording, 'This phone is out of network coverage.' Finally, Arya called Shlok's father.

"Hey son... Shlok has been on a wildlife camping tour for the last two days! Did you not go with him?"

"Oh! No Uncle... talk to you later."

Arya became sad. The whole day passed without a call from Shlok. The party could not take place without Shlok, so Arya canceled the party and sent a message to everyone. He waited for Shlok's phone call for a long but it didn't come. Arya started getting very angry. There was a whirlwind of thoughts running through his mind. The next morning the phone rang.

"Sorry Arya, I missed your call yesterday... The signal here is very bad."

"You go on a trip with friends and don't even tell me?" Here I am throwing a party on a weekend for you, and you are... you don't care about my happiness. Dude, it's okay if someone else forgets, but you...?" Arya let out his frustration angrily.

"Hey, it was a sudden plan... for a study trip..." Before Shlok could explain anything, Arya hung up the phone, threw it on the sofa and went to his room.

In the evening Arya's phone rang three times.

"This boy... has left his phone here... he doesn't even hear the ring." After waiting for

Arya to come out of his room and pick up the phone, Samidhbhai finally got up and picked up the phone.

"Hello..."

"Hello Uncle, is Arya there?"

"Shlok dear... I think he is sleeping. Hold on a minute." Samidhbhai opened Arya's room door and peeked inside.

"Arya dear... Shlok is on the phone. Arya... Arya?"

Arya's eyes opened. He looked at his Dad. Samidhbhai held the phone in front of him but Arya turned away and did not take the phone.

"Ah... he is in deep sleep. I will have him call you once he wakes up." Samidhbhai lied so as to not hurt Shlok's feelings.

"I know... he is awake. Never mind!" He hung up the phone.

Samidhbhai sat on the edge of Arya's bed. Putting his hand over his son's head, he asked, "Son, did you quarrel with your best friend?" Arya shook his head and said "No".

"Then how long will you avoid his phone calls?" Why don't you just talk to him?"

Arya wiped his eyes and turned away. Looking at his wet pillow, Samidhbhai said with a faint smile,

"Here you are crying... there he is calling you over and over

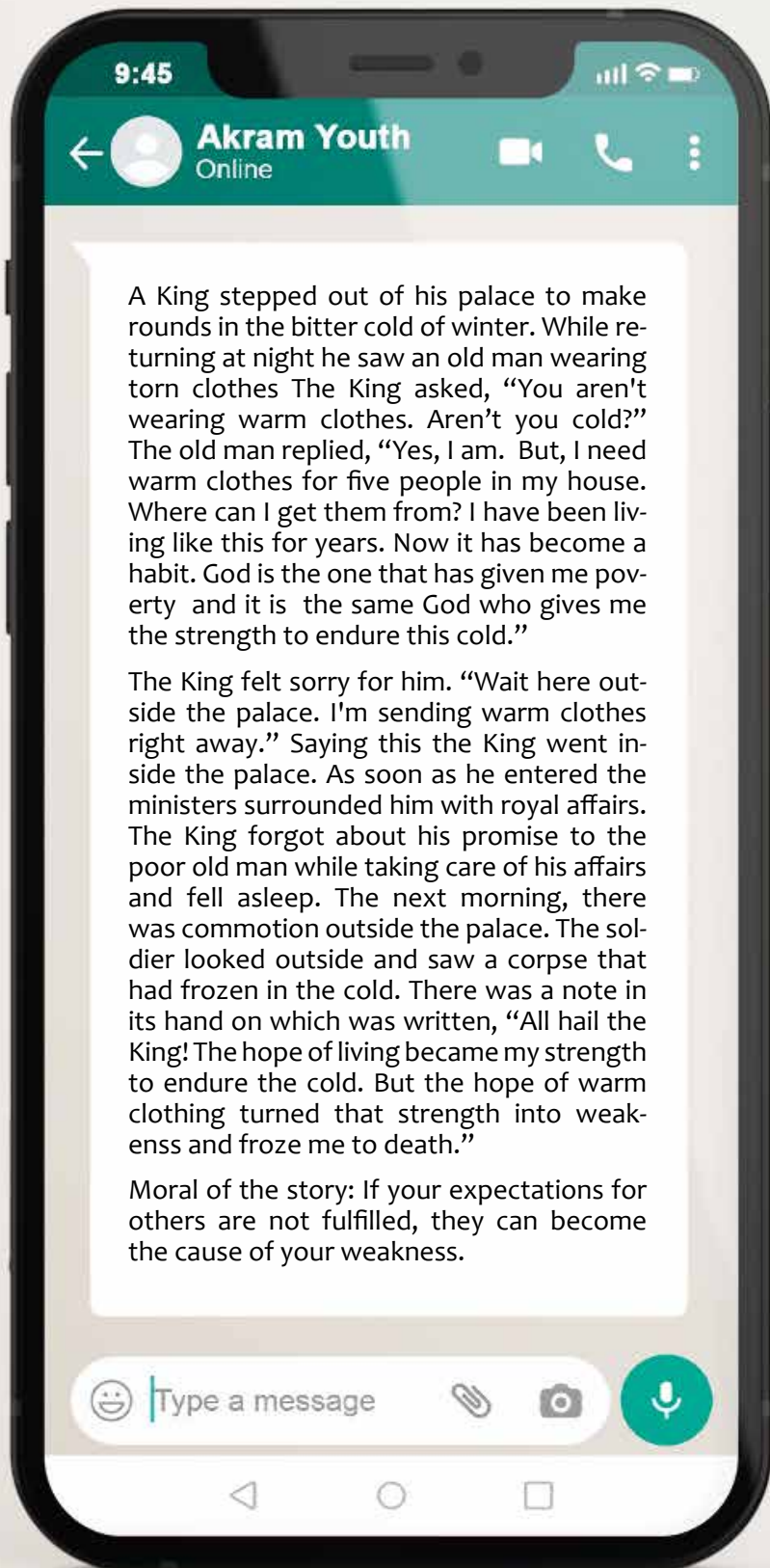
again... something has happened right?"

"Nothing Dad. Leave me alone please!"

"Sure, take your time. But Arya dear... remember, the friendship you have with Shlok is your strength. Don't let that become your weakness!" Without saying anything further, Samidh-bhai left the room and gently closed the door.

While Arya was pondering over the words of his dad, there was a "ting" notification on his phone. His dad had forwarded him a message.

"Who turns your strength into your weakness? Read this short story to find out." Arya opened the message and started reading while wiping away his tears.



Reading the story calmed Arya's mind.

Just then Sweetie came into the room. "Brother... have this mango milkshake. Mom has made your favorite food item, but you won't like anything today, right?"

Arya laughed when he heard this loving remark from his little sister. He sat up and took the milkshake in his hand.

Sweetie said, "This party has been canceled... it's okay... my birthday is coming... throw a party then!"

"Of course, Sweetie... this year, I will throw a birthday party for you."

Arya felt better by making someone else feel good. His mood calmed down and so did his anger for Shlok. But, he was not yet ready to talk to Shlok.

Shlok had come to Arya's house twice after the trip to make amends with him. But both times Arya made excuses and did not meet him. One week passed. Arya began to focus on his research. He didn't go out with friends or call anyone. He spent his days and nights in the college library and lab.

Being busy made it easier to forget the pain. Arya became a little normal. One night he came home tired. Sweetie opened the door as usual. But instead of the usual pleasant greeting of "How are you brother?" today she opened the door and went straight to her room. Everyone else was asleep. There was a nice meal on the dining table. Arya washed his hands and sat down to eat. When he opened the lid of the bowl in front of him, it said, "Happy Birthday Sweetie" on a piece of cake.

"Oh no! I forgot! I had promised to give Sweetie a party!"

In the meanwhile, Samidhbhai came out and put his hand on Arya's shoulder and said,

"Son! In the hopes of this party, Sweetie wasted her whole day. But why are you ruining your friendship?"

Arya stared at his dad. Samidhbhai's eyes were saying something to Arya. He immediately texted Shlok.

"Sorry Shlok... let's have a double party tomorrow." No one else... just you, me, and Sweetie!"



Gnani With Youth



Questioner: Pujiyashree, what type of expectation should we keep for our friends? And what should be the limit to these expectations?

Pujiyashree: Have zero expectation. And don't keep hope that it will be ever fulfilled. Just have an intention of giving. Don't beg, "Since I fulfilled your ten expectations, shouldn't you fulfill at least one of mine?" Why should we beg like this?

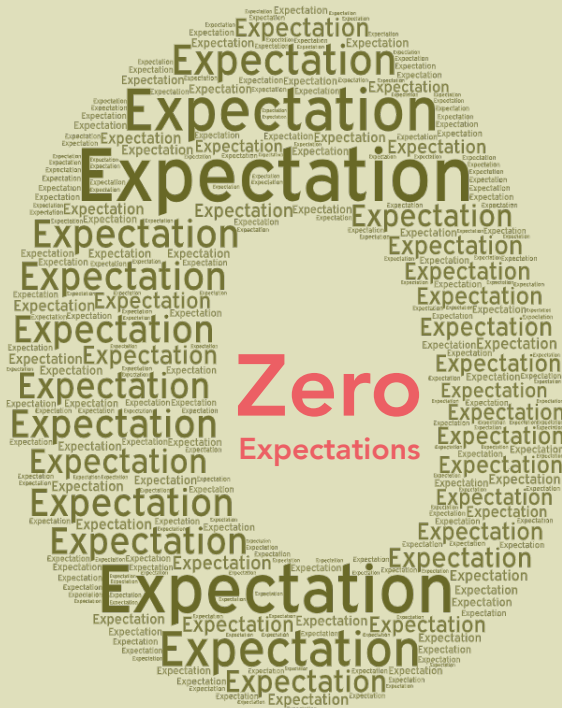
Questioner: But expectations arise in a friendship somewhere or the other.

Pujiyashree: Yes. So, we should be ready when expectations are not fulfilled due to circumstances. Don't quarrel about that. Don't quarrel when expectations aren't fulfilled. After telling your dad, "I will reach home at seven", you may get late due to traffic. Can this happen or not?

Questioner: Yes!

Pujiyashree: Then, will your dad scold you or understand? He will understand that it is possible to get late due to traffic. Especially in Ahmedabad traffic! He will understand that it is not your fault. It is due to the circumstances. So, if you tell him that you will reach home at seven and then get late, will he fight with you and kick you out of the house?

Questioner: No, but when expectations aren't fulfilled among friends, I get angry at them or have dislike towards



Have zero expectation. And don't keep hope that it will be ever fulfilled. Just have an intention of giving.

them. All these things happen a lot.

Pujyashree: Yes, but isn't it your mistake to have expectations? Or is it your friend's mistake that they are not able to fulfill your expectations?

Questioner: It's my mistake to have expectations.

Pujyashree: Then rectify your mistake. And, it may be due to circumstances that they are not able to fulfill your expectation right now. Haven't they fulfilled a few of your expectations in the past?

Questioner: Yes, but when they don't get fulfilled, this understanding doesn't remain.

Pujyashree: If it doesn't remain, understand it now. You took Gnan today. Now remain in awakened awareness. Start doing pratikraman for having negative intentions whenever expectations were not fulfilled in the past. You will have to remain in this awareness your entire life. Wherever you have attachment, you will have expectations for them. When these expectations are not fulfilled, then there will be friction. You will have abhorrence towards them and you won't have oneness with them. In the future, it may happen with your mother-in-law, your husband, your daughter-in-law or even your sister-in-law. You should be prepared for this, okay? Start with your friends and then your parents.

The Result of Expectation!



The Guruji had the utmost attachment for his disciples. Expectations are always born for those whom we have the most attachment for. Expectation is the desire to get anything by any means.

A guru named Ashadhabhuti had many disciples. One time one of his disciples fell ill and was on his death bed. Ashadhabhuti was very kind to his disciples. The disciples also earned a lot of merit karma by learning the lessons of religion from him. So their birth in a higher life-form was guaranteed. While the disciple was breathing his last breath the Guruji recited a mantra to him and said, "If you go to heaven, come from there and teach me how to practice religion and attain a higher life-form." The disciple nodded, and said yes and promised, "Yes, I will come and meet you."

The disciple died and went to heav-

en. But in the pleasures of heaven, he forgot about his promise to the Guruji. On this side, the Guruji was waiting for his disciple.

Thus one by one, four disciples of the Guruji died. He made each one of them promise that they would come back from heaven to meet him and talk about religion. But years passed. None of the Guruji's disciples came back to him to teach him religion.

The Guruji had the utmost attachment for his disciples. Expectations are always born for those whom we have the most attachment for. Expectation is the desire to get anything by any means.

The Guruji's fourth disciple could see that he had decided to give up monkhood. Because he was karmically connected with the Guruji, he felt that the Guruji should be stopped from going down the wrong path.

Here the Guruji had the expectation of meeting his disciples from heaven and having them show him the way to ascend a higher life form in return for the teachings he had given them. But the disciples couldn't fulfill the Guruji's expectation because they were lost in their own world. When expectations aren't fulfilled, abhorrence arises as a reaction. The Guruji also got angry with his disciples. Not only that, the Guruji had doubts about his religion. His faith in his own religion was shattered. "This is all fake! There is no such thing as merit and demerit karma. Chanting and doing penance is a waste of time!" Thinking this, he decided to renounce monkhood and adopt a worldly life.

The Guruji's fourth disciple could see that he had decided to give up monkhood. Because he was karmically connected with the Guruji, he felt that the Guruji should be stopped from going down the wrong path. So he came down to earth and created a magical road on the path that the Guruji was going on.

First he made six illusory boys who met the Guruji while walking in the forest. Ashadhabhuti's mind was tempted after seeing the boys wearing beautiful ornaments of gold and rubies in the secluded forest. He left monkhood and went towards the worldly life, but he wondered, how was he going to fund the expenses of his worldly life?

He lost his senses upon seeing the jewels of these foolish boys. He took the boys' jewelry and hid it in his bag. So that his crime would not be exposed, he killed the boys and fled.

In this drama that was created by his disciple, the Guruji met a nun as he went further down the path. The nun explained the dire consequences of crimes like violence, theft, lying etc. and discussed about religion which was free from attachment and abhorrence. The Guruji realized that he had done something wrong and it started pricking him within.

Going ahead, the Guruji came across a large army which included a king, queen and their



family. The royal family, interested in religion, saw the Guruji. They surrounded him with the intention of learning religion and asked if they could treat him. Repentance took hold in the Guruji's mind, "Oh, these people respect me so much as an ascetic, but what a heinous sin I have committed. If these people come to find out the truth, their faith in ascetics will be shattered." After that thought, the Guruji suddenly left. But the king tried to stop him by grabbing his bag, which then suddenly opened, and the stolen jewelry fell out. The Guruji began to tremble and weep with remorse.

Seeing the Guruji's repentance, the celestial being appeared and said, "Guruji, calm down. The boys, the jewelry, the nun, the army, the royal family were all a part of the magical drama. It wasn't real. I am your fourth disciple. Do you recognize me?" Hearing this, the Guruji calmed down some.

"Forgive me, Guruji. I forgot the promise I had given you. Thanks to your grace, I got the happiness of heaven, but thousands of years passed in luxury and I forgot everything. Merti-demerit, heaven-hell, salvation; it is all true."

Ashadhabhuti realized his mistake. His faith, which had been shattered by false expectations of his disciples, came back. He was very sorry for his mistakes and renounced the worldly life once again. He went to moksh in that life by progressing higher and higher.

See friends, when we do something good for someone, we expect that 'He should do this for me' in return. That expectation can destroy us and it is very dangerous!





The Other Side of the Coin

“I am doing everything but it’s never enough!” You must also feel this way, right? Especially when your close ones such as your parents have expectations for you and you are not able to fulfill them. What should you do at that time? Let’s understand.

Questioner: My father is very attached to me. I have done everything I can to make him happy. I am good in my studies, and I am doing everything that I can do from my end. But I can't do everything. My father gets upset for things that I am not able to do. What should I do?

Pujyashree: What are you not able to do?

Questioner: I am in the twelfth standard, so I spend most of my time studying. I used to play the tabla and cricket. I have stopped that since I want to concentrate on my studies. So, my father is saying that I should have continued playing the tabla. For example, there is a seven-year course for learning to play the tabla, and I dropped

it after five years. So, my father is saying, “Why did you drop it for just two years?” I told him, “Dad, I dropped it since I have a lot more to study now”. My father is not ready to believe that, and he tells me that I am not doing anything. Other youth can play tabla very well. He keeps on comparing me with other youth.

Pujyashree: So, tell him, “Dad, I will do everything else during my vacation, after my exams are over.” Find a solution! That is his viewpoint. It won't be acceptable to him if you don't pass the twelfth standard with good grades or if you don't eat properly. Even if you don't get good rest, he will complain, “You don't rest enough!” So, he is trying to take care of you from every angle to

make you an all-rounder. Is half-round better or all-round?

Questioner: All-round is certainly better!

Pujyashree: So, if your father is taking care to make you an all-rounder, then take it positively. Tell him, “Okay Dad. I will take care. But I have to concentrate on my studies right now for these two months, because I have to take the twelfth standard exam. I want to study a bit more so I can get good grades. Should I study or learn the tabla?” Then he will tell you, “It’s okay. Concentrate on your studies for now.” Then tell him, “I will learn the tabla when I have free time during vacation.” And the best thing is, come here to Adalaj. When we do bhakti, you can play the tabla. Will you know how to play it? Have you brought your tabla?

Questioner: No.

Pujyashree: You should have brought it! Do we have one here? The nagaaru (Indian drum with a head on each side) that we

play during Navratri which makes the sound dhum, dhum, dhum, will not work, okay? Do you know what a tabla is? They are small drums and come in a pair. You Play that, okay? Do nice bhakti and that will pacify your father as well. He may complain, but in his heart, he wants you to be capable from every angle. So, take it positively. Why should you take it negatively?

Questioner: Let’s say my mom prepares dinner, and if my dad is not in a good mood, he will unnecessarily get angry at my mom and say, “You don’t cook good food. Prepare a variety of food!” My mom keeps on trying to make him happy, but he is never happy. Rarely does he say that the food tastes good.

Pujyashree: It is such that, everything is based on the karmic account of attachment and abhorrence. Food is simply one evidence. You not playing tabla is also one evidence. All this is according to your karmic account of attachment and abhorrence. So, the root cause of your dad’s complaints is not the food or you not playing the tabla. If you learn the tabla, then he will complain about something else.



Questioner: Yes, exactly.

Pujyashree: What does this mean? It is due to your karmic account of attachment and abhorrence. So, I am showing you the best and last solution. Tell your mom to take Gnan and do pratikraman for your dad. So, the thing is, your parents have attachment for you. That is why they have an expectation that you should do certain things. You may be able to fulfill their expectations sometimes. You may not be able to fulfill them at other times! Fulfilling their expectations is based on circumstances. It's not in your control. When you are not able to fulfill their expectations, abhorrence will arise. If you don't learn the tabla out of abhorrence, that will also give rise to abhorrence. And, if anything else gets spoiled, then abhorrence will also arise. Why? That is due to expectations! Why did expectations arise? Because there was attachment. Now, what do you see in all this? You see it as 'Why is my dad getting angry at me?' But you are not able to see that your dad has so much affection for you! You are not able to see the positive in him, that he is attached to you. So, you see his negative, that he is constantly nagging you. How can he become free of attachment and abhorrence? How can he remain in equanimity? If one has taken Gnan, then he can remain free of attachment and abhorrence and prevail in equanimity. So, you have to remain detached from your dad's attachment. You have to remain in equanimity. If he has expectations for you, then tell yourself, 'Let's do something to make him happy.'

Along with trying to fix the issues that are causing pain to your dad, what happens if you also do pratikraman internally? It will clear your karmic account with him. The situation may or may not resolve, but if your karmic account with him is cleared, nothing will cause you pain. Do you understand?

Do pratikraman internally, 'O Dada Bhagwan! Please forgive me as I have caused pain to my dad by not finishing to learn the tabla. I ask for forgiveness.'



Please give me the energy to not make this mistake again. Please give your blessings so my dad becomes happy.' That way your account of abhorrence will end. After that, even if he scolds you, neither of you will get hurt. His behavior will also be superficial since the karmic account will be over. If your mom's karmic account is cleared, then her pain will also reduce.

Questioner: I always feel that he is never happy, no matter how much I try. Due to this I am always suffering.

Pujyashree: There are two parts to this. One is due to the tabla or finishing any task which is under the control of circumstances. The expectation is such that if you complete ten tasks, he will have an expectation of fifteen. If you fulfill fifteen, then his expectation will rise to twenty. The reason is attachment. The attachment cannot get destroyed from its root. So, what should you do? Try to fulfill his expectations. There is no problem in fulfilling his expectations, but at the same time do pratikraman with

full force. As a result of that, the karmic account of attachment and abhorrence will reduce and the expectations will automatically reduce. Then the sufferings will also reduce. So, the solution is to just do pratikraman if you cannot fulfill his expectations. Don't try too hard in the outer solution. Try your best. 'If I have enough time, then I will learn the tabla as well.' If you want to take a break from your studies, then play some tabla. Your dad will listen to that and will become happy. So, you are changing your work and change of work is recreation. Understood? Instead of watching television or reading the newspaper or magazine, play the tabla. That way you will be able to learn the tabla as well.

However, this may not bring a 100% solution to your dad's issue. The reason is, there is attachment at the root level, so one expectation after another will keep arising. How will you fulfill all those? So, you can keep trying, but keep in mind, 'I want to do pratikraman. I want to remain in equanimity.'





Niruma's Life Without Expectations

This is a story from 1996 or 1997. Niruma had to go to Dubai for a satsang. The tickets were bought and the visas were pending. A person had said he would take care of the visas, but they had not arrived even on the day before the flight. If the visas didn't come, the whole trip would have to be cancelled. After a lot of effort, the visas came at 8 am in the morning and the flight was at 10 am. This is how Niruma reached Dubai.

After arriving there, the person who was supposed to host Niruma said no arrangements had been made for her stay. Anyone would be worried in this situation. But Niruma didn't have any anxiety nor did she feel insulted. The Ap-
taputra, who was managing this was thinking of what to do for Niruma's stay. He was not able to get in touch with the people he knew.

Somehow, arrangements were made for Niruma to stay at the house of a Mahatma's relative. Then Niruma met people in a small hall, talked about Dada

and held a Gnan Vidhi for a few people.

The fruits of the seed of knowledge that Niruma had sown without any expectations can be seen today.

Whoever took Gnan helped distribute Dadashi's books there, and many more people took after reading those books.

And today Dubai has become a big center.

We all face such difficulties in our lives. When we don't get the response we are expecting, or when we don't get support and face many obstacles, we break down. While Niruma's spiritual dignity remains the same! No matter what the difficulty is, whether the arrangements for her lodging and food are met or not, whether one recognizes Niruma as a Gnani or not, there is no difference on her face! With the same spiritual dignity, she completes Dada's work all while having the same love for everyone! Just look at her life which is completely free of expectations!



“Life without any expectations!!
There is absolute purity there.
There is no stain of any kind.”

- Dadashri



Youth Experience

I had never gotten close to anyone before. But ever since I came to the summer camp, I started talking to Didi the most. As my acquaintance with Didi grew, I started seeing more of her positives. I felt like Didi understood me and listened to me. Then slowly I started to feel that when I was around Didi, she should talk to me, call me and I would feel jealous if she talked to someone else. I just wanted someone to talk to me nicely and she was doing that, so I thought she was there only for me! Then it so happened that Didi passed me while talking on her mobile phone. Her attention wasn't on me, so naturally she didn't greet me or look at me. I was very upset that this happened once or twice. I felt bad and said, "I don't want to talk to Didi anymore!"

Then my own suffering increased. Whenever I saw Didi, I would remember that incident. On the other hand, I also realized that while I was suffering, anxious, restless, and without peace, Didi looked so calm! I unnecessarily built this up in my head. My analysis revealed that it was only my expectation that she should call me. Then one day I went to meet her, on my own and her behavior was as loving as before. So I realized that for Didi, everyone was the same and she didn't have anything against anyone.



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Poem

Apekshao thi bhareli che, Jindagi maari – tamaari,
Saamaa e vartavu em, jevi ichhaao manni maari!

Mummy, Pappa ke pachi mitro mate kariye koi kaam,
Tya badlani asha, aapne raakhiye shu kaam?

Raag che jya, lagaav ne apeksha vadhashe tnya ghani...
Na poori thay to dwesh thay, ne jay pachi bhed padi.

Manas to che, sanjogo ne aadhin etlu janje,
Poori na thay apeksha, ema doshit ene na maanje!

Apeksha raakhiye che saame pakshe, bhikh mangya saman,
Raakhi te apeksha to ema, bhool taarij em maan.

Na thay Expectations poori, to Let go kari deje,
Banyu je kai ene, adjust thai swikaari leje.

Thay apekshao shunya, jaiye ek pachi ek ghatadta,
Bhaav na bagde saama pratye, jaiye em gnan gothavta.

Na hoy prem ma apeksha kadi, ne na hoy prem saapeksh,
Jivan to hoy gnanio jevu, aho kevu nirpeksh!



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Ask the Right Guide

Niruma once said, "You want to go north, you want to go to Delhi, but instead go south, you go towards Goa and you keep going and go then you wonder why have reached Delhi yet? Why have arrived in Delhi and? Whom is that? Our own. Why? Because need to be precise. It is our that we are unable to understand in which direction we are. If we do not know, then we ask someone. Someone is true guide. It happens often even the person we ask do know the answer. They are also trying to find out!" So again get confused."

But Niruma also said, "do not without asking. A guide be found and when a guide one who can satisfy our mind, our intellect will stop. It should progress further, if low that guidance, then we some sort of signs. We will milestones along the way."



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24