

Akram Youth

April 2023 English

Dada Bhagwan Parivar



Chit

The King of the Body



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April 2023

Year: 10. Issue: 12

Cont. Issue: 120

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
5 Years Subscription
India : ₹ 1000

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

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Editorial

Dear Friends,

In previous editions of Akram Youth, we gained a comprehensive understanding of the two components of the antahkaran (internal functioning mechanism composed of the mind, the intellect, the chit, and the ego) - the mind (April 2022) and the intellect (January 2023). This edition aims to provide detailed information about the third component of the antahkaran, namely the chit (inner faculty of knowledge and vision).

It is crucial to have the presence of the chit in our daily activities. You may have experienced that you did not remember anything that you read, or did not taste anything that you ate, or lost focus while playing a game, or lost focus during a meeting. This happens due to the absence of the chit during those activities.

The main function of the chit is to wander, and without determination, it can easily distract us from our work or activities. As a result, we may not be able to accomplish our tasks. However, if we recognize and purify the chit, it can significantly contribute to our progress not only in the worldly life but also on the spiritual path.

Therefore, let's delve into this fascinating edition of Akram Youth on the chit.

-Dimplebhai Mehta

What Is the Chit?

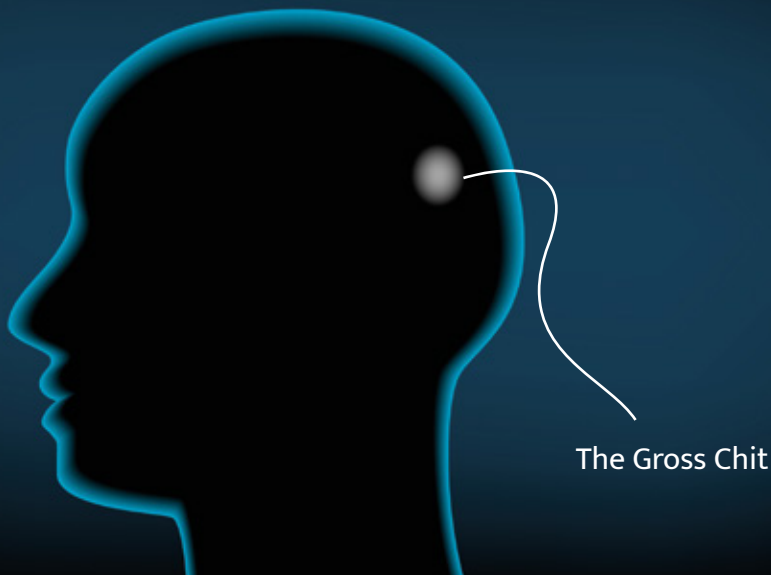
Where Is It Located in the Body?

The third component of the antahkaran is the chit. The function of the chit is to wander and take pictures. Sitting here, the chit can show us a film of America. The mind does not go outside of this body at all. What goes out is the chit, and when it wanders outside, that is the impure chit. The pure chit is the pure Soul.

Chit means **knowledge + vision**.

Impure chit means **impure knowledge + impure vision**.

Pure chit means **pure knowledge + pure vision**.



The location of the gross chit is at the back of the head, while the subtle chit remains with the intellect; it is formless.

Poem

Aam to chit a sharirno raja chhe...
Pan ene bhatkavana rasta jaja chhe...

Chitt manthi asthitva saav judun dharaave chhe...
Man vichaar kare chitt phota paadi bataave chhe...

Ahin tahir aamatema rakhade chhe rakhadaave chhe...
Manushyane bhatkaavana rasta nava banaave chhe...

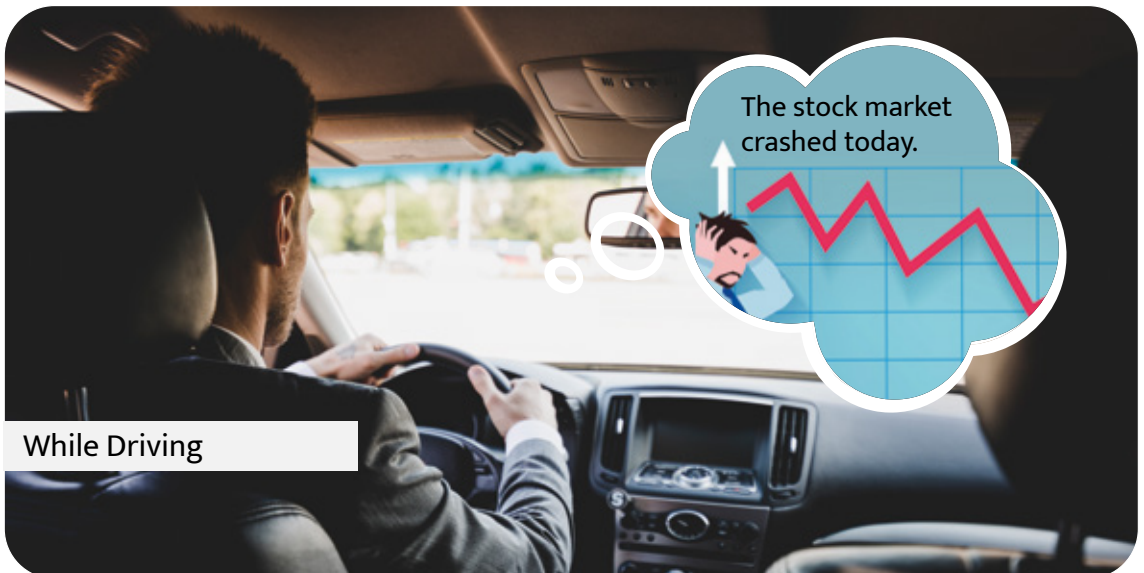
Eni haajari vagar to kaam ekey fale nahi...
Laakh kosish karatyaan parinaam purun male nahi...

Shuddh chitt etale shuddh darshan ane shuddh gyaan chhe...
Chitt rahe ekaagra tey unchama unchu dhyaan chhe...

Pratyaksh jnaani karaavi aape ajab chittashuddhi...
Aatmabhaav khase nahi ne vyavahaarma maale samriddhi.



Where Does the Chit Wander?





While Walking

Attention on your phone.



While Praying to God

Hopefully no one takes my new shoes...



If your chit is somewhere else during a conversation, you won't understand what the other person is saying.



While Eating

Let's take a selfie and post it on Instagram and Snapchat.

Consequences of the Chit Being Absent



If one is sitting here and he gets lost, then know that the chit has gone off roaming. If the chit is roaming around like that, how can he be called a man? Now, he may be sitting here and the chit goes to the house and talks with the wife, 'What vegetables are you cooking today?' Hey! Sit here and die a proper death! The fool has never died properly in any past lives. For infinite past lives he has done nothing but roam, roam and roam.

In our marriage ceremony, when the band plays music, the people attending the marriage do not get engrossed in it. That sound becomes casual for them. That music is something that they like; it is beloved by the ears. Yet, our people are involved in business at that time. They might be involved in other things. Do they do business or not?

Your chit might still roam around while you are sitting here. The type of chit that a businessman has is the slippery type of chit.

He may be turning the rosary here but the fool is lost in sensual thoughts. One should only hold the rosary if the chit doesn't waiver. Only then is it known as turning the rosary properly. Otherwise, to hold the rosary is perilous. What are you turning? What else but the rosary would you be turning!

Questioner: I just bow down in reverence.

Dadashri: When a child is reading, don't our people say that he should keep his chit in the proper place and read? This is because he may have gone to the

cricket match at that time. He may be reading here but he has gone to the cricket match.

Questioner: A student forgets at the time of his examination despite reading quite well. What is the reason for that?

Dadashri: If his chit doesn't go off to play while he reads, then he won't forget. Does your chit go off to play while you are reading?

Questioner: No.

Dadashri: Then you won't forget. If reading is done while the chit is kept present, you won't forget.

Your son may be reading and you may be in the next room thinking that he is reading all the words very well, but he is at the cricket match! Despite reading the words, he is at the cricket match. Does this happen or not? Just look, do both these functions not occur at the same time? Mind you, both become ruined. He can't watch the cricket match very well nor will he be able to memorize this. If the chit is wandering, nothing will be memorized. He will be doing everything mechanically. The work is done successfully only if the chit is present. Otherwise, the work won't be done. Sometimes when you are late for college, then while eating you will go there, won't you?

Questioner: Yes, if I am very late, that happens.

Dadashri: So now you



may be eating like this, but your chit has gone there! When the chit is absent, one should not even eat. Where the chit is not present, where the chit is absent, no work can be successful. What this means is that it won't turn out well. What does not successful mean? If you work at a hospital, then don't you have a set time when you have to go there? Now, if you are fifteen minutes late, your chit will go to the hospital and you will be eating here without the presence of chit. Your wife will know right away that the body continues to eat. To eat in the absence of the chit is a terrible wrong doing. You do not need to go there. Whatever happens at the hospital, let it happen. This is because there is no benefit in doing so. You can't be there. This is only the problem of the chit. So, you should keep the chit present and know what ingredients there are in the fritters. Otherwise, you won't even know what the fritters are made of. And then there will be diseases caused due to that. Therefore, keep the chit present. Keep the chit present in every action. Even when you go to the toilet, if the chit is not present, then you will not do a good job.

Importance of the Chit



Finally, there was an end to the excitement. Everyone was waiting for the exam results. Saheel and Manav were returning home from school with a smile on their faces. They were very happy. Both of them were holding the exam results in their hands. They were busy talking with each other.

Saheel: I had decided that I want to score well in the exams this time. And look at the results! My hard work paid off and I came first in the class.

Manav: Yes, after all our hard work did not go in vain. I feel good that we both passed with very good scores.

Both friends went to their respective homes. Their parents were also happy with the results and congratulated them. The two friends had a very good bond. Their daily activities and study schedules were going well for the first few weeks. After that, Manav maintained his study schedule. He spent more time on his studies. However, Saheel started spending less time on his studies, instead deciding to work hard closer to the exam time.

One day, Manav thought to himself, 'It's surprising! Even though Saheel studies less than me, he still manages to come first in the class. Maybe his memory is sharper than mine and he can remember more than me. Why should I work so hard? Should I follow Saheel? Should I rest a little bit more? Should I change my study schedule? Maybe I should also study closer to the exam time!'

That's it! Manav changed his study schedule. Now his schedule was – Go to school, come home, eat, rest, play games, and watch T.V. Even though Saheel's schedule was similar, in between, he was able to get some studying in. At the end of the year, as the exams came closer, both studied hard and both got a similar score. So, Manav's belief became strong that relaxing in the beginning and studying hard as the exams come closer is the way to go.


But friends... In reality we know that there is no other alternative to hard work. Good results don't remain without hard work. They only show their fruits for a short period. Manav's relaxed study schedule was drifting his away from his studies. He was slowly becoming lazy. His sharpness and smartness was gradually decreasing.

The next year, both Saheel and Manav were in the same class. This time the situation was different. In the new class, the subjects and materials were different. The subjects were more difficult. As students move into higher standards, the subjects and study materials keep getting more and more difficult. The scope of the subjects become vast and the level of teaching also increases. Manav didn't think about this. He maintained his previous relaxed habits of resting, playing games, watching T.V and studying once the exams came closer. He wasn't able to adjust to the more difficult study material.

This time, Saheel was ranked first. He got the best grades and everyone praised him. All the teachers congratulated him. However, Manav didn't even come in second. He got very low grades. The teachers were shocked. How come a top student got an average score? Manav's parents, relatives and even the neighbors were shocked. Everyone was surprised and unhappy with Manav.

Manav was also unhappy and embarrassed. He understood his mistake and changed his study schedule. He decreased the time he spent resting, playing games, and watching T.V. He tried to spend more time studying. The first term exams came closer. He was hoping that he would be able to do better in the exams this time, but he realized that he had forgotten most of his





study material. His memory power had become weak. He wasn't able to answer most of the exam questions. Once again, he got an average score. He became an average student. Saheel was sad because of Manav's performance. Saheel had asked Manav to pay more attention to the studies.

Manav was now depressed and agitated. He stopped going out. He wasn't able to focus on games. He started to avoid meeting friends. He stopped meeting Saheel as well. He remained sad all day. It was as if he was depressed and in a bad mood. Saheel knew his condition. Finally, Saheel decided to meet Manav.

When Saheel entered Manav's room, he saw Manav studying. He had one book in his hand. There were two to three other books open around him. There was a newspaper and a magazine nearby as well. His mobile phone was charging and there was music playing on it. As soon as Manav saw Saheel, he immediately turned off the music. He closed all the books and gave Saheel a smile.

Saheel: How are you, my friend...

Manav (replied with a sigh): I'm okay. I'm studying, but I feel that I'm harassing my parents. I've started studying much more than before, yet I'm not able to score like before. I used to score much better with less effort, but now... I'm not sure what's happening. I'm very worried.

Saheel: Don't worry. I'm here to help you with this situation. I feel that I need to talk to you about certain things. First, you don't need to listen to music while studying. It'll break your concentration. You'll have to reduce your playing time. Yes, it's necessary, but only enough to keep you healthy, such as yoga and exercise. Alright? The other thing is to reduce your T.V time completely. Use your mobile phone only to send and receive messages. WhatsApp and Facebook aren't needed at all. Those are useless things and just kill time. If you allocate more time to studying, then you

will excel. You'll be able to score like before. Will this suit you? Will you be able to manage?

Manav: Yes, definitely! I'll definitely do as you say, Saheel. In the end, it's only for my benefit.

Saheel: Nice. From now onwards, I'll come to check on you every day. We will study together. Alright?

The next day, when Saheel entered Manav's room, all the books were properly arranged. His mobile phone was switched off. His music player was also turned off. Everything was properly organized in the room. Before starting to study, Saheel told Manav, "Manav, let's start our study time by first chanting, 'Dada Bhagwan Na Asim Jay Jaykar Ho'. I always chant this for ten minutes before starting my studies. I do this by closing my eyes and with full concentration. I chant this with my eyes closed and read each word in my mind."



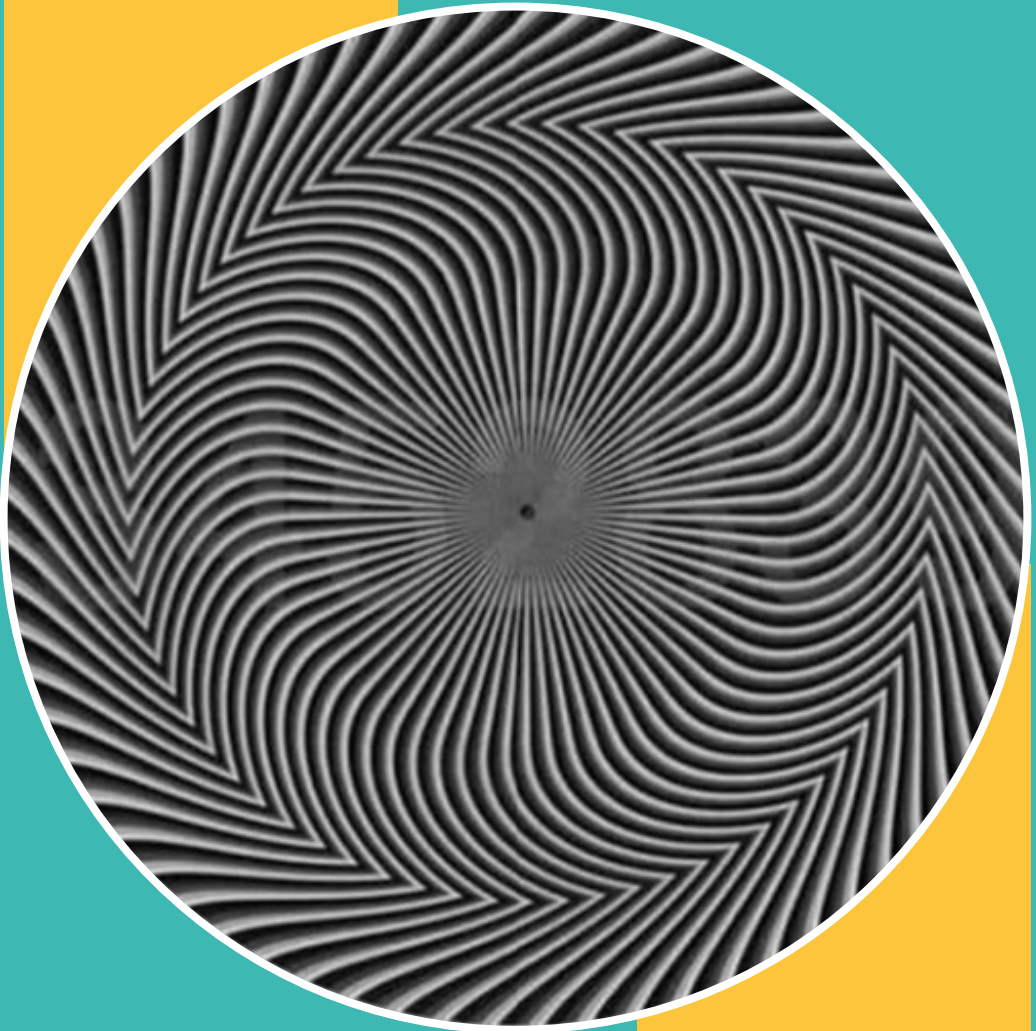
Dada says: If you chant 'Asim Jay Jaykar' before studying, your chit will be purified. You will be able to focus on your studies if your chit is pure. Your chit will not wander off to the outside world. You will not get thoughts of games, T.V, mobile phone, etc.

Many students have experienced that by chanting 'Dada Bhagwan Na Asim Jay Jaykar Ho' their scores have improved greatly. Manav also experienced it in just a few days. At the end of the year, he got good results in his exams. He found the master key to achieve good scores in his exams.

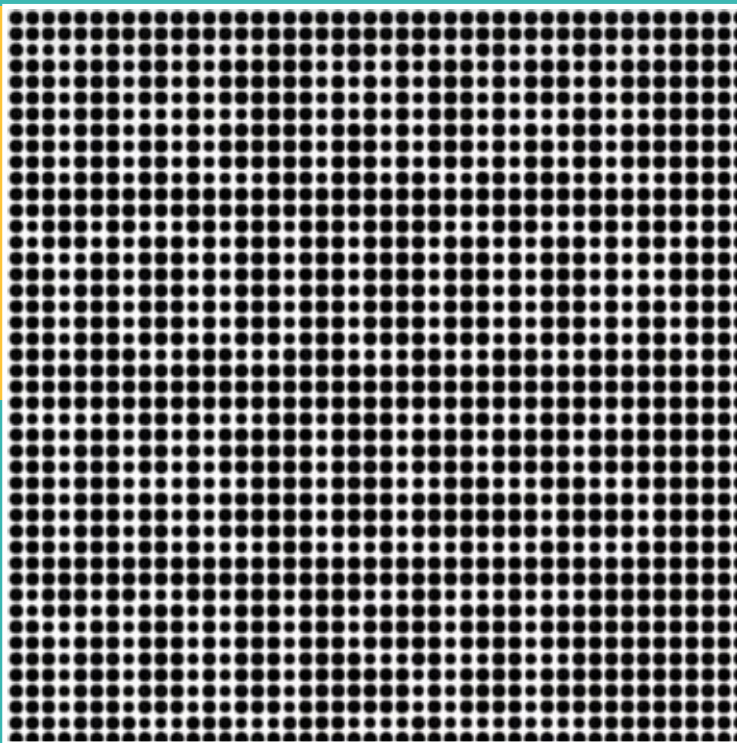


Illusion

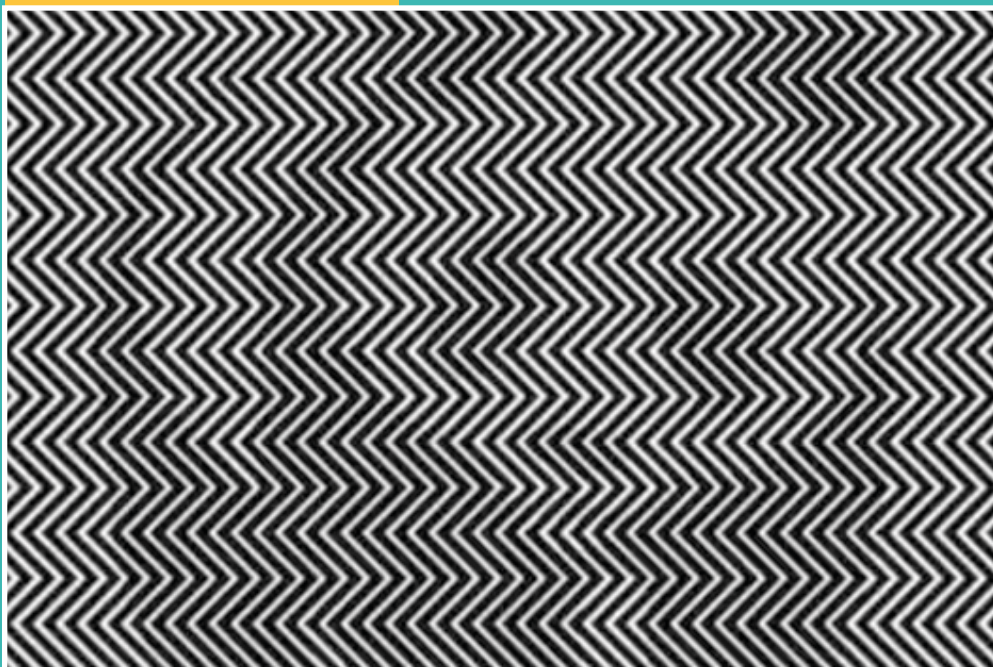
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As the chit focuses,
bliss arises.

- Dadashri





Youth Experience

Jai Sat Chit Anand,

In 10th grade I learned about the importance of the presence of chit. When I was in the 8th grade, I studied online. I chatted a lot with friends and used social media a lot. At times, my chit wandered in the wrong direction. I scored 60% on my exams in 8th grade, and I was not very happy with my performance. My chit was used in talking to my friends and using social media. Later, I attended a satsang and learned that reciting "Dada Bhagwan Na Asim Jai Jaikar" for the first 10 minutes helps focus my chit. I started reciting "Asim Jai Jaikar" in 9th grade, and my grades improved. Even now I continue to recite "Asim Jai Jaykar". There was a huge difference in my results. I stopped worrying about the result and focused on studying with the presence of my chit. By studying with the presence of my chit, my results increased and at the same time, my personality also started to develop.

How Can the Chit Become Pure?

This Is How the Chit Can Be Purified!

When you verbally attack someone, your chit becomes impure. When you do not react when verbally attacked, your chit becomes pure. That is the key.

Questioner: That is only if you live like that after taking Gnan, right?

Dadashri: It is anyways not possible before taking Gnan. On the contrary, the impure chit becomes increasingly impure.

In order to focus or concentrate the chit, one should undertake meditational chanting. This will offer peace and joy along with the worship. If you want to purify the chit, then you should read. But this reading is not to be done in the way you normally read; that reading has a different method. I will show you that method. In that method, you have to read like you normally read, but you are not to hold the book in front of you. You have to close your eyes; then read. This will help purify the chit.





Daily life activities can go on even when the chit is occupied elsewhere. This is because the impure chit is always present alongside the worldly life. Now that your chit has become pure, you will feel that it is here, and the activities continue over there. It's okay if your chit does not remain in the intents of the worldly life. That is not the pure chit. When you received this Gnan, that is when your chit became pure. Although it does not remain in the worldly life, your worldly life will continue to run. On the contrary, it will run very nicely!

When the Gnani Purush gives you Gnan, all the impurities go away. Some residual worldly impurities remain due to previous karmic accounts that have solidified. Only that much will become ready to give its effect.

Questioner: But that will keep coming, won't it?

Dadashri: Yes, it will. But it will simply discharge. Now there is no more charging of karma. This Gnan is such that there is no more charging of karma. So you should not be worried as to what is happening and what is not happening. Nothing is going to happen!

Shrimad Rajchandra Shatavdhan

Knowledge Express

At the age of 17, he saw someone do eight things simultaneously and learned to do the same. Then he did twelve things simultaneously. He continued to increase the energies of his chit. Eventually, he was able to do one hundred things simultaneously, and this is what is known as shatavdhan.



The Energies of the Chit Can Even Bend a Spoon!

Questioner: I read in a book that one man put the powers of his physical strength on display. Spoons, knives, and forks that were placed on a table became bent and objects moved around. How did this happen? Is it true?

Dadashri: It is true.

Questioner: How can that happen?

Dadashri: If you properly focus the energies of your chit in one place, on one thing, then changes will occur in that thing. But it should remain for a long time. If you focus the energies of your chit on one thing, there is no limit to what it can do to that thing!

Questioner: It is not a question of just one thing; can it happen for all things, can't it?

Dadashri: Yes, it can happen for all things. It can even to a man. The energies of the chit are tremendous! But who can do such a thing? Those who have a pure heart. It is not possible for anyone else.



Presence of the Chit

(Swami Vivekanand)

Swami Vivekanand used to remember everything after reading it once, along with the page number. At the age of 35, when Swamiji was living at the Belur Math Ashram in Howrah, Calcutta, an encyclopedia of mathematics was brought to him. Seeing its size, someone said that such a thick book could not be read in one lifetime. He did not know that Swamiji had already read ten such books and was reading the eleventh. Swamiji accepted the challenge of reading the entire book and memorizing everything in it. He then gave correct answers to all the questions asked by his disciples. He surprised everyone.



(Niruma)

When Niruma was studying, she only needed to read something once and every word would become imprinted in her chit. Not only that, if her friend was reading a book aloud next to her, she would remember every word that she heard.

2023 Summer CAMP



The Season of Fun!



Purpose

Be helpful in life,
teach moral values,
help make good friends,
provide a fun environment,
a positive approach, and
personal development.

Activities

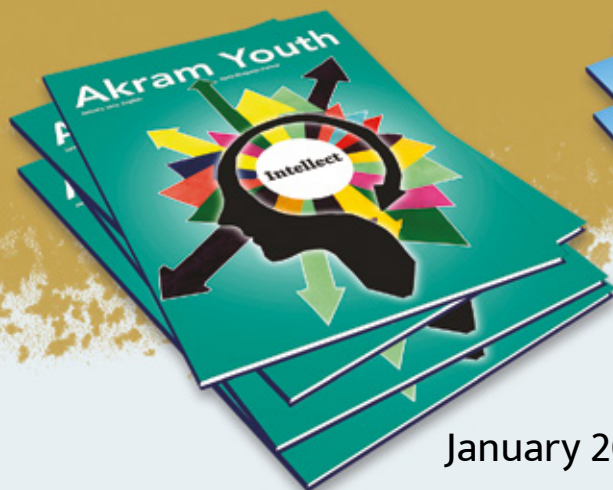
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April 2023

Year: 10, Issue: 12

Cont. Issue: 120



Sat + Chit + Anand

Questioner: What is the meaning of Sat Chit Anand?

Dadashri: Sat Chit Anand is one's true form. The pure Soul is Sat Chit Anand. This chit has become asat. Asat meaning, it has become impure. Chit means knowledge and vision. So, one's knowledge and vision has become impure. When that knowledge and vision becomes pure, that is Sat Chit Anand.

Page 14 Ans: (1) 3452839, (2) the more you look the less you see, (3) panda