

Akram Youth

August 2023 English

Dada Bhagwan Parivar



**Do Not Compare
with Anyone, Everyone is Unique.**

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Editorial

As we traveled to different cities within India as well as abroad, we met around fifty boys and girls who were either studying in school or working. We talked to them about the different types of comparison that they were facing in their lives and gathered some feedback. That feedback is covered on pages 4 through 8. You can also join in providing us your feedback and help us gather data. We will all fill out this magazine off-line and while doing so, we will gain a better understanding of this topic.

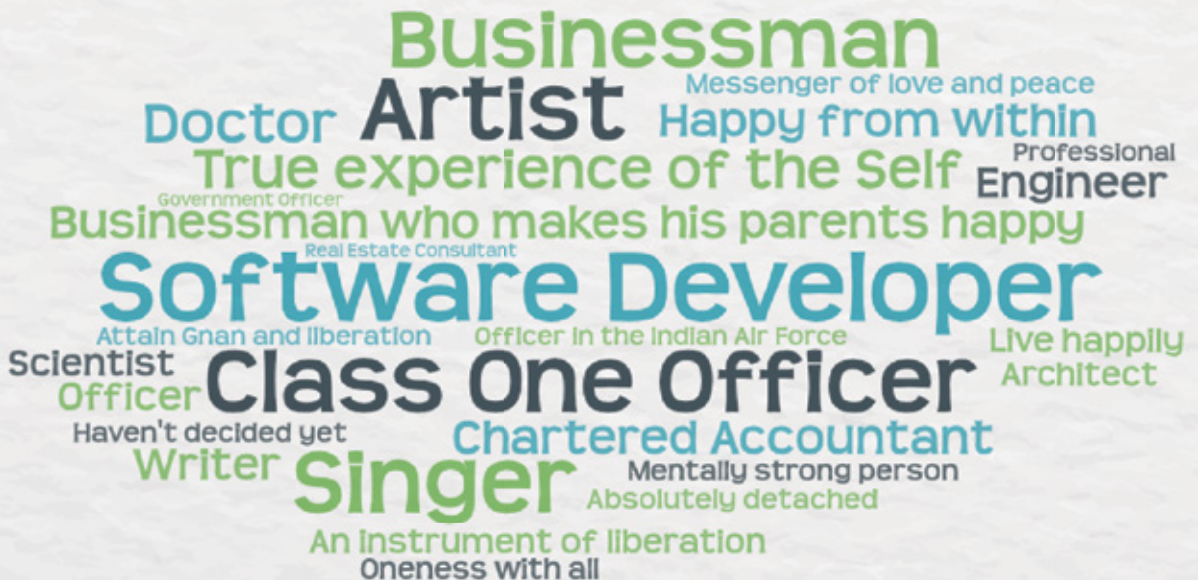
With the help of this issue, let's share what we feel in our hearts and understand how comparison affects us in our lives.

- Dimplebhai Mehta

E.g. A professional or something else.



Answer



Question 2:

What level do you want to achieve?

☐ Good

☐ Better

☐ Best

Good

21%

21%

Better

29%

29%

Best

50%

50%

Questioner: Whenever I am doing something, I always feel that whatever I have done should be the best and it should be better than others. Then my focus is always on what others are doing. So, internally there is continuous comparison going on. What should I do?

Aptaputra: Do you want to be good, better or the best?

Questioner: The best.

Aptaputra: In order to be better or the best, you have to do better than others. If your capacity is to score 100 out of 100, but if the other person scores 50, how much should you score? 55. If you compare, then your capacity will become according to the other person's. So, always try to be good. There is no comparing with others in being good.

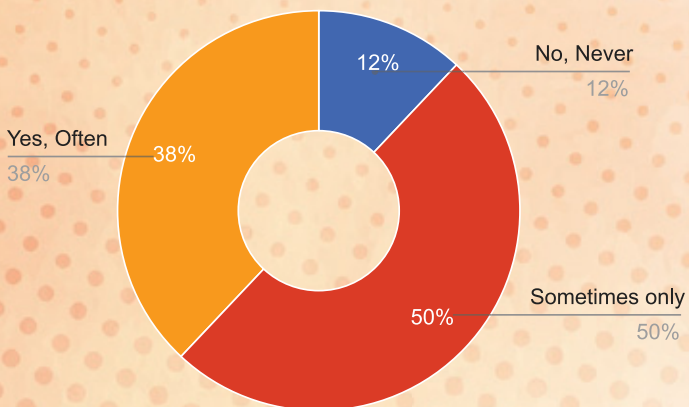


Question 3: Does anyone compare you to others?

☐ No, Never

☐ Sometimes only

☐ Yes, Often



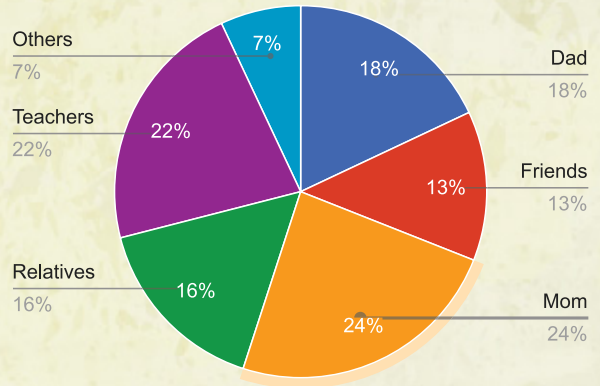
Question 4: Who do they compare you with?

Answer

Family friends
Anyone
Family
Team members
Friends
Children of relatives who were once my friends
Children of relatives who studied with me
Colleagues
Someone who is better than me
Swami Vivekananda
Students who study with me
Businessmen
With no one
Friends who haven't taken Gnan
Senior scientists
With outsiders

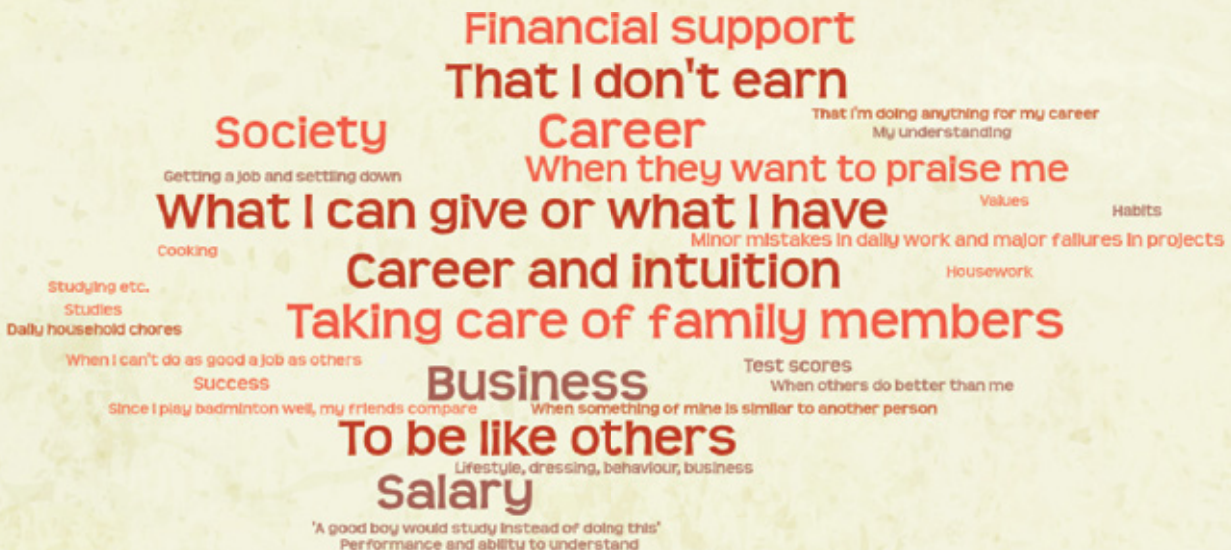
Question 5: Who compares you with others?

<input type="checkbox"/> Dad	<input type="checkbox"/> Relatives
<input type="checkbox"/> Friends	<input type="checkbox"/> Teachers
<input type="checkbox"/> Mom	<input type="checkbox"/> Others



Question 6: In what matters, situations, or events do people compare you?

Answer



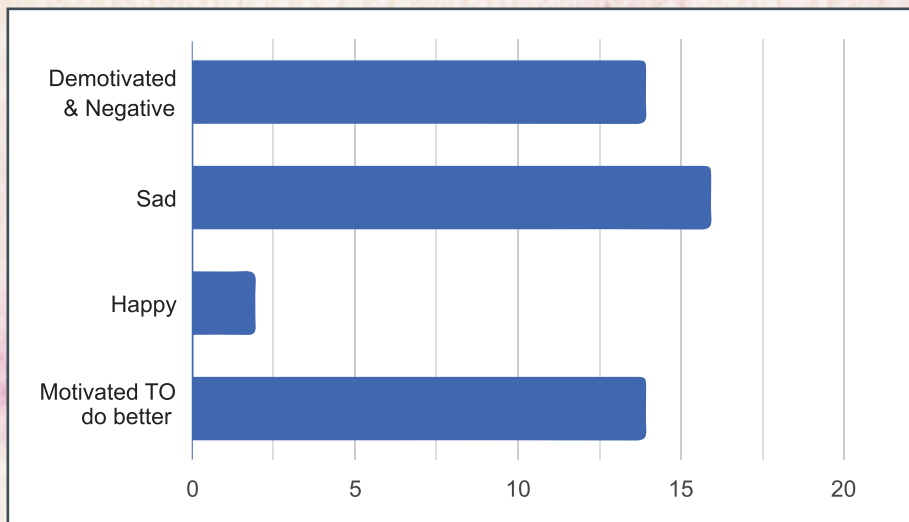
Question 7: How do you feel when you are compared to someone else?

☐ Happy

☐ Motivated to do better

☐ Sad

☐ Demotivated & Negative

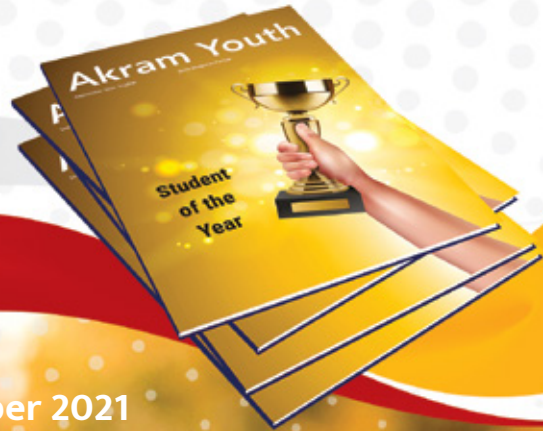


Make Sure You Read

This issue of Akram Youth



December 2021



September 2022

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A large, leafy green tree stands in a field of yellow wildflowers. The tree is the central focus of the image, with its branches spreading out. The background shows a rolling green landscape under a clear sky.

A True Testament to Zen Philosophy

Perched upon a peak, always enveloped in mist, was a solitary Zen monastery. Two monks lived there: Koji and Haruki. With the goal of achieving inner peace and enlightenment in life, they had dedicated their lives to this Zen monastery. The ashram was famous for its beautiful gardens and the ancient teachings it offered in the presence of nature.

One day, the head monk of the Zen monastery called Koji and Haruki and entrusted them with a task: to look after the beautiful gardens of the ashram. Both were also given the individual responsibility of nurturing a specific type of tree. Koji was given a sturdy oak tree and Haruki was given a delicate bamboo plant.

Seasons changed, months passed, and Koji's oak tree grew taller and stronger. Its expansive branches provided ample shade and also protected the garden from natural disasters. On the other hand, Haruki's bamboo plant was delicate and thin, its tender stems swaying in the direction of the wind.

One evening, before sunset, in a serene atmosphere, Koji and Haruki sat by the koi pond of the Zen monastery. Koji, with great pride, looked at his oak tree, then glanced at Haruki's bamboo plant and said, "Haruki, your bamboo plant is beautiful, but compared to the grandeur of my oak tree, it looks utterly pale."

Haruki smiled gently with wisdom shining in his eyes. "Koji, every tree has its purpose and unique beauty. Your oak tree provides shelter and strength, while my bamboo plant teaches

the ability to overcome any adversity.”

Koji said with disbelief, “But Haruki, your bamboo plant isn’t as magnificent as my oak tree, and it looks quite ordinary.”

Haruki gently plucked a leaf from the bamboo plant and placed it in Koji’s hand, saying, “Koji, hold this leaf in your hand.”

Koji, feeling the delicate nature of the bamboo leaf between his fingers, felt a sense of gratitude. Haruki continued, “Now imagine a fierce storm approaching us. What do you think will happen to your oak tree and my bamboo plant?”

Koji thought for a moment and then quickly realized, “Your bamboo plant will bend and sway with the wind but will return to its position, while my oak tree may get uprooted.”

Nodding with confidence, Haruki said, “Exactly, Koji. While the strength of the oak tree is commendable, the ability of the bamboo plant to overcome any adversity offers an invaluable lesson for our lives.”

From that moment, Koji and Haruki began to respect and care for all trees equally. They understood that every life, in its natural way, has its own excellence and holds value in nature.

The gardens of the Zen temple have now flourished. Tall oak trees and attractive bamboo plants have together fostered a beautiful understanding in the temple that comparison brings about a veil that obscures the beauty of individuality.

As the years passed, Koji and Haruki’s understanding deepened. They embraced a life without comparison, leading them towards profound inner peace, which today **stands as a testament to Zen philosophy.**



Comparison

The Thief That Steals One's Joy

Vinit was distributing sweets in his class. Today, he was extremely happy and emotional. As he joyfully gave away the sweets, every student asked, "Why is Vinit distributing sweets today?" Well, the point was valid. He was just so lost in happiness, distributing the sweets with pleasure. After everyone had received a sweet, standing in the middle of the class, elated, he announced, "Friends, Akshay has been awarded the Best Student of the College for this year." Everyone clapped and cheered, approaching Akshay with words of encouragement and praise: "Congratulations... All the best... You deserve it..." and much more. Someone even ran to pluck a flower from the nearby garden, gifting it to Akshay and saying, "Very nice. We are proud of you." But Ravi was nowhere to be seen.

Hearing the news, he immediately left and sat down in the library. Vinit noticed this. As things quieted down, he went to the library, sat beside Ravi, and placing a hand on his shoulder, asked, "Why do you seem so sad today, friend? Not feeling good? Is everything okay?"

"No, my friend, it's not like that," replied Ravi.

"Today's news has made me very uncomfortable. I heard about it this morning near the teacher's room, and it upset me. I always compare myself to Akshay. I don't know why, but I feel envious when someone succeeds. If I can't achieve the same, I feel jealous and become saddened. Sometimes, I feel very inferior about myself. Do I have any worth or not? Deep inside, there's this constant fear and doubt. I start disliking myself and sometimes, in my heart, I even resent them." Ravi spoke emotionally, his heart heavy with these feelings.

Taking Ravi's hand into his own, Vinit said soothingly, "What you're thinking is not right. Such thoughts will depress you, diminish your joy, and perhaps cause you pain from your own negativity. Think a bit more positively!"

Ravi: Yes, my friend, you're right. I can't stop myself. It seems very difficult.

Vinit: There's nothing in this that seems impossible. One cannot be restricted by thoughts alone. Every

individual in this world has a unique nature and talent. Every person is unique.

Ravi: I know, but adopting these thoughts seems very difficult to me. It feels impossible.

Vinit: No. Nothing is impossible in this world. You just need to change the way you think.

Ravi: What you say is true, and I've thought about this point many times, but honestly, it seems out of my reach and impossible.

Vinit: Before thinking about others, recognize yourself. Understand how you're different from others. Identify what qualities you have. Your strengths are the reason for your success.

First, accept everyone, their nature, behavior, success, and relationships. Once you start celebrating everyone else's success and augment it with love and good wishes, the joy that emanates from within is truly your own.

Success must be achieved with effort. So, work on boosting your self-confidence and personal development. Rather than comparing yourself with others, focus on yourself. You will definitely achieve success.

There was a pause for two minutes. Ravi was thinking to himself, 'That's true. Akshay has been declared the best student of the year. Very good! Of course,

Akshay must be truly happy, right? But Vinit seemed even happier than Akshay! Such a wonderful understanding? To spend his own money to amplify his friend's happiness by gifting him a pendant. Isn't it a big-hearted gesture? And if you look at it, Vinit isn't any less talented than Akshay. He himself is intelligent and a sports champion. If he isn't comparing, why am I feeling sad? My thinking is certainly wrong. **This is a live example of rejoicing in a friend's success and happiness.'**

Suddenly, as if coming out of deep thought, Ravi spoke, "Yes, dude, you're absolutely right. First of all, I should stop comparing myself with others. Perhaps this habit is the main obstacle in my growth. Now I understand that because of this, many of my relationships get strained. Making this change seems a bit challenging for me. It might take some time, but it does seem possible. Hopefully, by making this change, I can also create my own distinct identity."






Poem

Vaandho nathi prayatna ho, ne aagal vadhvani icchha ho...
Kintu tamarathi aagal janaarne, pan shubhechha ho...

Irshaa keru avali agan, jaraa pan salage nahi...
Etlu rakhvu dhyaan, bhaav koinaa maate bagade nahi...



Judaa-judaa sahunaa pag, judaa chhe sahunaa maap...
Aapnu shodhi maap, sadaa sukh-santoshe raho aap...

Kaam aavva jagatne, hrudayni vishaaltaa joie...
Gnaanini jem, sahunaa sadaay positive joie...

Gnaaniothi to jojano door rahe, sarkhaamni rog...
Ek j hoy bhaav, sukh paame - Sat paame sab log...



By Dada's Youth

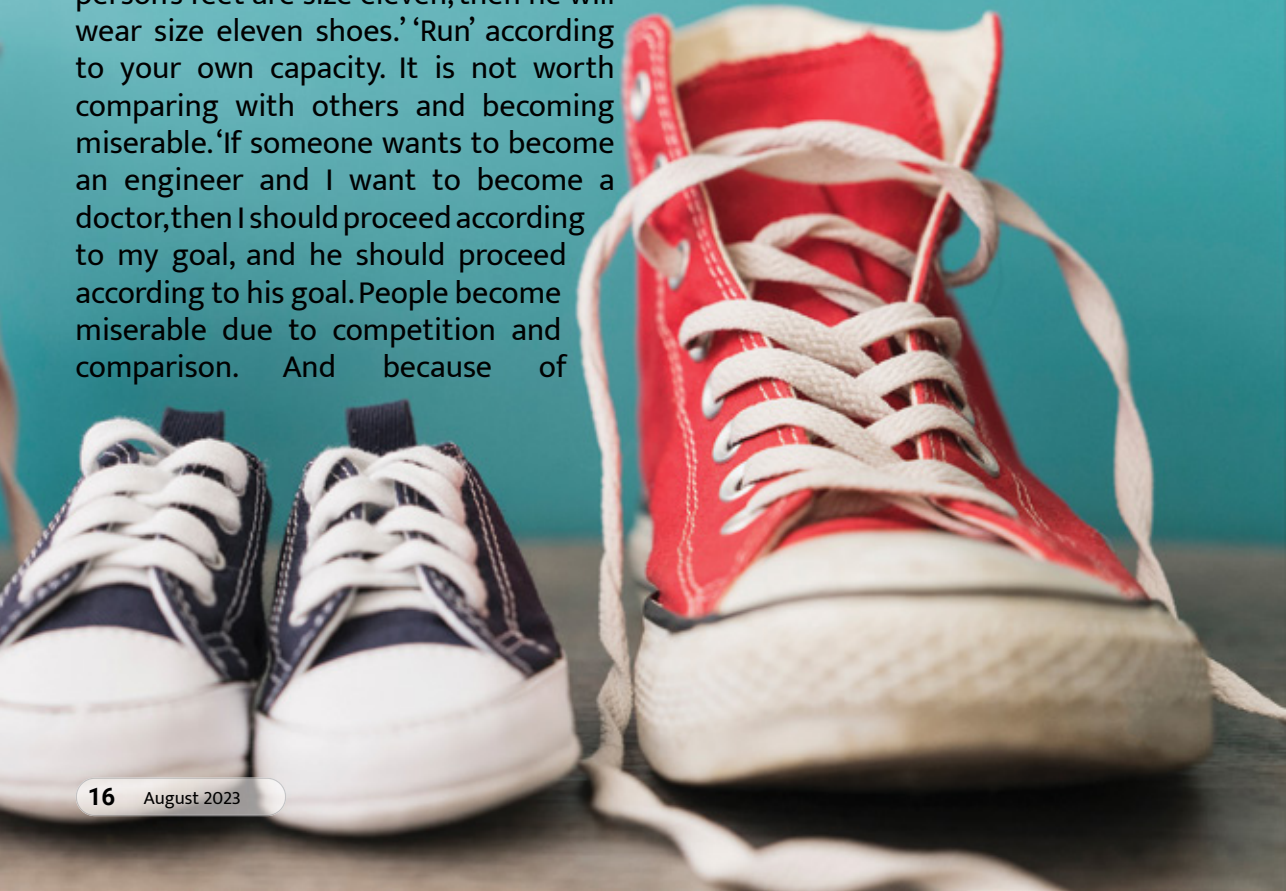
Gnani With Youth

Pujyashree: To compare with others is indeed one's own ego. The ego has become bigger, the intellect has become bigger, and illusory attachment has increased. This is similar to how a tall palm tree will shake heavily when there is a little bit of wind, but a small shrub will not be affected at all. The bigger the ego, the more sensitive, emotional, scared a person becomes.

One should not compare with others. If we are wearing size five shoes and someone else is wearing size eleven shoes, does that mean that we should also wear size eleven shoes?

Questioner: No.

Pujyashree: One should understand that 'If my feet are size five, then I should wear size five shoes, and if the other person's feet are size eleven, then he will wear size eleven shoes.' 'Run' according to your own capacity. It is not worth comparing with others and becoming miserable. 'If someone wants to become an engineer and I want to become a doctor, then I should proceed according to my goal, and he should proceed according to his goal. People become miserable due to competition and comparison. And because of





negativity, they ruin the skills and energies that they do have.

We teach you not to compare with others and to 'run' according to your own capacity. Just as there are thousands of cars driving on the highway; many have gone ahead of you and many are coming behind you; 'I want to move ahead from where I am according to my goal. I don't want to look at others, compare with them, or compete with them. I want to achieve my goal according to my understanding and capacity.

I did the same thing my entire life. I did not get upset. If I saw that someone was passing me, I would let him go. 'I want to move ahead slowly, at my own pace. I want to reach there. I will reach there.' And I would end up reaching there peacefully. Our Soul is within us. We don't need to 'run' far. I found it [my Soul] with Dada's grace. And, I have held onto that.

Questioner: When a situation arises, I don't remember this Gnan. I focus on how I can defeat the other person and insult him.

Pujyashree: If you want to compare and compete, then keep getting exhausted. Don't horses run on the racecourse? Out of one hundred horses that are running, only one, two or three of them gets a prize. All the rest become exhausted and fail! Become exhausted and miserable. Those who want peace and happiness, they will have to make this adjustment. Don't compare or compete.

Inner Burning Due to Comparison

Arjun - Karn



Who is the
Best
Archer?

Bhim - Duryodhan



Who is the
Best
club-bearer?

In class



Who will come First?

Among friends



Who has more money?



Pujyashree: When comparison arises with another person, you should pray or see his positives. 'He has very nice skills. He has such great merit karma. He is progressing so nicely! I appreciate your progress.' That's enough. By being jealous, your energies are destroyed. If you appreciate him, your energies will increase.



Interview with Sachin Tendulkar

(Dec 2000, when Sachin Tendulkar was a great batsman, but not yet a legend)

Host: You are a great batsman. So are you the new Sunil Gavaskar of the cricket world?

Sachin: Sunil Gavaskar is Sunil Gavaskar. Whoever is the best is certainly the best. You can call it a blessing of destiny. To be like him or do what he does is not possible. Everyone's efforts are different, and one's own unique style is

what will allow one to achieve greatness. He would not have that unique style. So, Sunil Gavaskar is Sunil Gavaskar, and I am Sachin Tendulkar. Don't compare the two of us.

Host: You're a good bowler, so can you become a fast bowler?

Sachin: No. In the match in Toronto, Sourav Ganguly had taken many wickets.

Later, he thought, 'If I increase my speed, then I can get even more wickets.' So, he practiced fast bowling for two days and ended up straining his back. So he had to stop bowling fast.

You should focus on where your skills are. If you look at someone else, become impressed by him, and try to learn that, then you may even lose the

skills that you already have.

Strive to excel in what you are good at. Don't compete with others. Pay special attention to the strengths, thoughts, and ideas that you inherently possess. If a player is good, so be it. Without pondering over it, focus on your own circumstances and create a new niche for yourself.

Work hard every day. Practice every day. Become a better version of yourself. Don't compete with others, but with yourself. You are the one who needs to make a better version of yourself, one that can be considered great. To become the best, effort, understanding, and relentless hard work are essential.



Just like Sachin Tendulkar, let's also become a better version of ourselves...

Be a Better Version⁺ of Yourself



Question 8: To free yourself from the habit of comparing yourself with others, what approach will you use?

☐ Don't be jealous.

☐ Praise the other person.

☐ I will not enter the 'racecourse'.

☐ Try to become a better version of myself every day.

☐ Have good wishes for others.

☐ Instead of comparing with others, compare with myself.

☐ Focus on improving myself rather than improving others.



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Don't compare yourself with anyone. By comparing,
you are only disrespecting yourself.



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