

Akram Youth



December 2023 English

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Irritation

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Editorial

There is no exaggeration in believing that since we are born in Kaliyug (the current era of the time cycle characterized by a lack of unity in thought, speech, and action), we have brought many weaknesses in our non-self complex. If you think that you do not have any flaws, then that is your biggest weakness, and that will make it impossible for you to overcome any of your weaknesses.

Friends, to get angry is a result, but the irritation that arises within you before getting angry is considered a significant weakness. Many times, we may not spoil our face, or we do not overtly get angry. However, internally, we keep getting irritated.

There could be many reasons for getting irritated. Suppose you are someone who gets irritated by certain people's presence, their habits or behaviors, the way they breathe, the weird noises they make while eating, the sound

of a clicking pen, or the ticking of a clock. In that case, this edition of Akram Youth will become your support in recognizing your biggest weaknesses and overcoming them.

Young readers of Akram Youth, like you, will not tolerate any type of weakness, right? So, let's read this edition and decide that we will not get irritated by anything.

- Dimplebhai Mehta



Irritation is...



Irritation... when something we dislike happens, we immediately become irritated inside. Then it comes out. Many times, it's not externally visible, but we feel **irritated** inside.

When those close to us do something we don't like... What does 'not liking' mean? It is something that differs from our viewpoint. We get irritated if they don't like what we do or don't like what they do.

90% of irritation occurs subtly. In 90% of cases, we keep burning inside, the mind keeps running, and we turn negative, but we don't inform the other person. Only in about 10% of cases do we speak out.

Just hearing a particular person's name initiates irritation... There's an insistence on cleanliness, so wherever there's dust or dirt, it causes irritation. If friends, brothers, sisters, etc., don't act according to what one says, it leads to irritation. "You were not going to listen, so why did you even ask?" Many irritations like these regularly occur in our daily lives.



Niruma: *It has never come to our attention that getting irritated is our weakness. We have never taken note of how many times we get irritated in a day.*

Let's see your score for "I got irritated!" Where do you get irritated in your daily life....

I got irritated!!! Score

In the given situation, do you get irritated? And how often...

Fill form Online



Not at all

Once a month

Once a week

Once a day

More than once a day



1. When someone doesn't do as we say...					
2. When someone comes wearing too much perfume or cologne...					
3. When someone comes without bathing or with a body odor...					
4. When we board a train or bus, someone has tried to save a seat...					
5. When someone brags excessively... "My father is like this, my mother is like that, my grandfather is like this..."					
6. When someone calls you names or makes fun of you...					
7. When people whistle at you or call others rudely...					
8. When you are standing in line, and someone skips the line and moves ahead...					
9. When you are listening to a good song, and someone starts singing off-key...					
10. When people talk in places meant for silence... (during Satsang, at a movie theater, in a library)					
11. When someone continuously taps their feet...					
12. When someone eats noisily, slurping their food... (like with cold drinks or tea with breakfast)					
13. When people wear untidy or disheveled clothes...					

I got irritated!!! Score

In the given situation, do you get irritated?

And how often...

Not at all

Once a month

Once a week

Once a day

More than once a day

14. When a person in front of you at a shopping mall checkout has too many items...

15. When someone doesn't come on time, arrives late...

16. When a person gives suggestions at the last moment...

17. When someone picks or blows their nose...

18. When someone clicks their pen repeatedly...

19. When someone doesn't wish a happy birthday...

20. When a phone rings during a meeting or Satsang (and isn't set to silent) ...

21. When someone lies...



1. When there is dust in the house, and it's not clean...

2. When someone drinks from the bottle directly and then puts it back in the fridge...

3. When someone licks a spoon or utensil and then uses it again in the food, spoiling everything...

4. When someone finishes eating and then puts the empty containers back in the fridge...

5. When you go to the bathroom and there is no toilet paper...

6. When things are not kept in their place, or someone has moved them...

I got irritated!!! Score

In the given situation, do you get irritated?
And how often...

Not at all

Once a month

Once a week

Once a day

More than once a day



1. When someone checks their phone while talking to you...

2. When people send text messages in all CAPS ...

3. When you are talking, and your friend's attention is elsewhere...

4. When someone accidentally initiates a WhatsApp group call...

5. When the person sitting opposite you is talking on the phone...

6. When someone doesn't reply to WhatsApp messages, even after seeing them (blue checkmarks) ...

7. When someone doesn't call back after a missed call...

8. When fewer people view or like your post/status...



1. When people walk slowly on the road when you are in a hurry...

2. When people are standing in the middle of the road for a selfie...

3. When people use their phone, WhatsApp, or texting while walking or driving a car/bike...

4. When someone keeps honking the car horn...

5. When someone is passing you from the wrong side...

6. When someone is flashing the turn signal without reason...

7. When people are driving the vehicle too slow or too fast...

Negativity



Competition

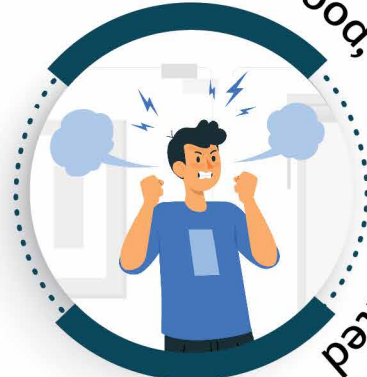


Irritation is
the beginning
of *Kashay*...

Mocking, Bullying



In a Bad Mood, Getting Irritated





Feeling irritation inside is called '*aartadhyan*.' And if it is expressed verbally, it becomes '*raudradhyan*.' But now, since we remain in *Gnan*, so... either perform *pratikraman* or maintain awareness to remain free from it.

Gnani with Youth

Questioner: When I quarrel with someone, I experience inner conflict and agitation. How do I solve that?

Pujyashree: At home, do you get bicker with your mom?

Questioner: Yes.

Pujyashree: You may have been developing preconception (for your mom) for almost three to four years. Your mom may tell you not to sit a certain way, and then you would get angry and leave your home. You must be feeling that mom is continuously nagging and causing pain to you.

Questioner: Yes.

Pujyashree: Now, when you are in pain, where will you find happiness? You would start watching TV, playing a game on your phone, or going out with friends. When you experience pain, instead of finding a solution, you seek temporary relief.

You may feel, “She keeps talking [and nagging], but I don’t want to hear it. I just want to watch TV. You start watching movies or T.V.” You increase the TV volume to ignore mom’s words and increase the inner agitation.

At that time, you should think, “What is happening to me? Why is mom saying such things? Does mom really want to torture me? Isn’t mom giving





me food and shelter? Doesn't she give me medicine when I am sick? Doesn't she make my bed for me? Doesn't she give me new clothes? Mom has taken care of us since birth! She has protected us from everything. She is wrangling with me to help rectify my mistakes." Instead, you feel that she is nagging. You don't know how to solve it.

Dada says that when you feel agitated, think, "Why did this happen? Is there a solution to this? How do I make my mom happy? How do I make my dad happy? What adjustments should I take?" You should do all this to seek happiness. Instead, you start watching TV or a movie or playing games rather than solving the issue. The next day, you will again tell your mom, "You keep nagging daily. I have no peace in this house." You should solve each puzzle one by one. Slowly and gradually, it will come to an end one day.

How do we find a solution? Let me tell you about an event from Dada's life. Once, Dada's business partner told him a few harsh words, which caused pain to Dada. Dada thought, "Why is he saying such things to me?" Then, one day, Dada's leg was hurting. At that time, Dada thought, "Who should I blame for the pain in my leg? When the business partner told me harsh words, I blamed him. Who did I blame when my leg was hurting? Whatever suffering comes upon me is a result of my own mistakes. It's no one's fault." So, Dadashri analyzed the situation in this manner. In the same way, in every situation, no one is at fault; everyone is faultless. They are just evidentiary instruments to bring an effect for our own cause. It is like rubbing mud on a burnt body part will not bring about a solution. The same thing happens with inner agitation. You are trying to calm the effects of kashay (inner enemies of anger, pride, deceit, and greed) with sensual pleasures.

Dada says solving your intense inner burning with the right understanding will get rid of your intense inner burning. Then, you will experience happiness.

Liberation from Irritation

Irritation is a weakness that leads to multiple faults. Our mood gets spoiled, and we experience intense inner burning. We feel pain and end up giving pain to others.

How do we overcome this weakness?



Questioner: Niruma, you have so many aptaputras and aptaputris; not all are perfect. They are not 100% trained in the beginning. Eventually, they get trained by you and change, but initially, when they come to you, they may not be perfect. Do you recall any instances where you experienced irritation... Not in the sense we experience, but you must feel something.

Niruma: No, no, I do get irritated, just like you. But then, we apply the Gnan that I want to be free from this file. When I decide that, then it bothers me that whatever is happening to me is indeed my mistake. In the beginning, when we see their fault, we do not realize that it is our own mistake, but when irritation starts, we understand, "Oh! I am spoiling my own [situation]." The other person may or may not improve, but if we spoil our own [situation], we will incur a huge loss for ourselves. And the other person... due to us, the other person, or the third person, someone will start getting irritated. So, by setting the understanding, by applying Gnan, wherever we feel the irritation, have a firm resolution, and understand that this file... we do not need to get involved in this. Just see them as Shuddhatma (pure Soul). Do not See anything else. If you See anything else, it will create problems for you. Okay? So, keep on applying Gnan. Whenever you come across such a file, use applied awareness that we certainly have to See them as pure Souls. Do not See anything else. If you keep on doing this, it will go away.

Dada's sure way to come out of any fault... 4 Steps

01

STEP

Decide

a. Irritation is a weakness. I need to get out of it.

02

STEP

Analysis

a. Identify the things that cause irritation and note them down. Make a list and analyze why each point is wrong and its importance in life.
b. Understand how irritation is wrong and comprehend its consequences. Gain more understanding about it.

03

STEP

Pratikraman

a. Every time irritation occurs, one should feel remorse by contemplating, "Oh God, this is wrong; I ask for forgiveness and for the strength not to get irritated again."

04

STEP

Don't Protect it

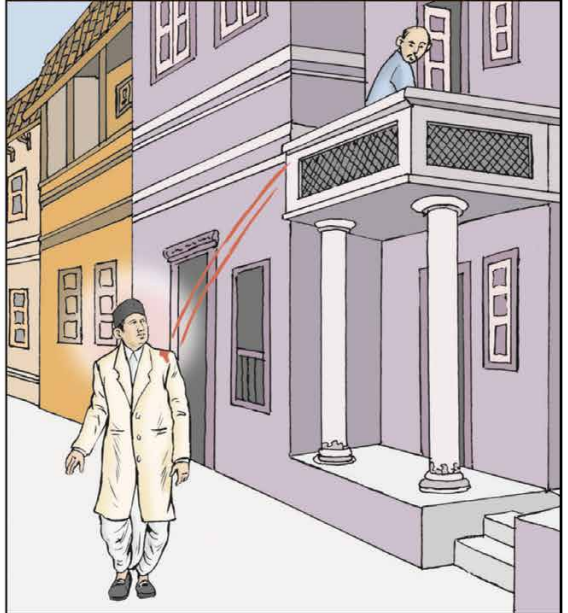
a. One should not make excuses for their irritation. If you need any help or guidance to overcome irritation, feel free to email us at youth@dadabhagwan.org

An incident in Dadashri's life. In this situation, we would definitely get irritated. Let's see what Dadashri does.

One day, Dadashri had to attend a wedding. He got dressed up, wearing a long white coat, hat and shoes. He left home and was walking on the street, when suddenly, from the top of a nearby building, a person eating paan spat on the road. The timing, of Dadashri passing from there and the man spitting, was so perfect that the spit fell directly on Dadashri's white coat.



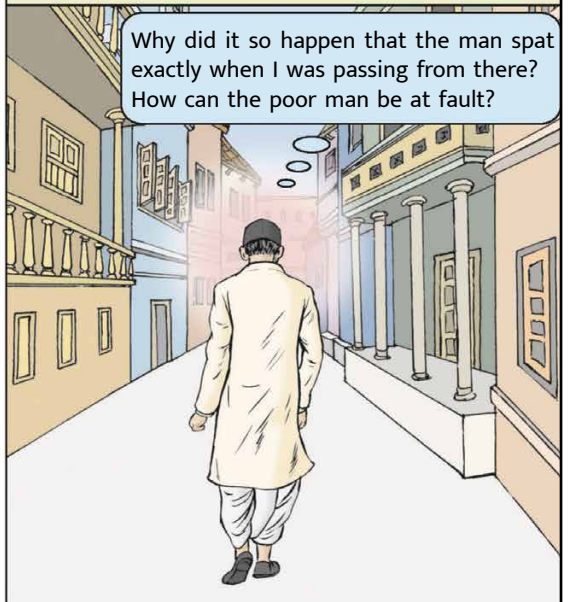
Dadashri stopped in his tracks. He looked up and saw a man running inside the house. Then he glanced towards his coat; the white coat was stained with the red color of 'paan'.



This man had to spit at exactly this time! Hm... Hm... Hm...! This brand new coat... and it has been completely stained today. Now I will have to go home and change all my clothes



Dadashri turned around to go back. He did not even think of shouting and threatening him. While walking, many thoughts crossed his mind.



Why did it so happen that the man spat exactly when I was passing from there? How can the poor man be at fault?

At that time, a person who knew Dadashri happened to pass from there.

Uncle, what happened to your new coat? Wait, let me catch him! who was that?

Oh dear, calm down! Why are you getting so excited? It's not the fault of the person who spat!

What are you saying uncle? How dare he spit on you? I'll catch and bring him before you.

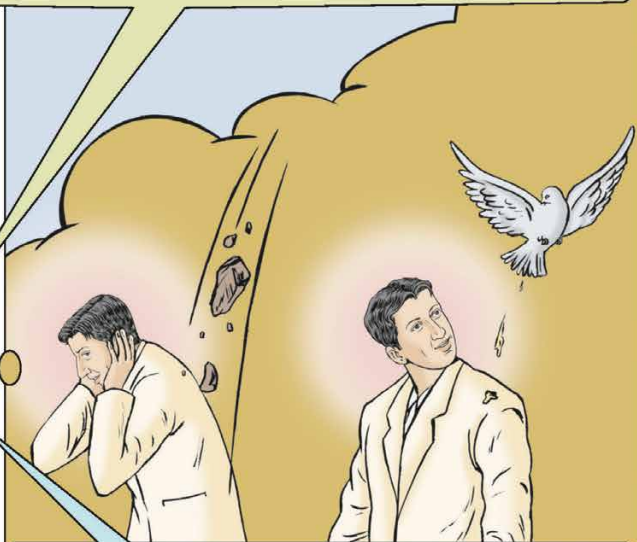
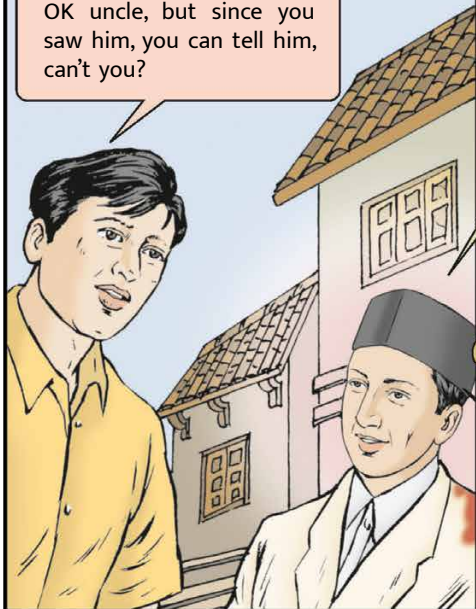
No no, there is no such need. The poor guy had no intention of spitting on me and spoiling my clothes. He was rather ashamed and ran inside in fear.

Uncle, it's your nobility that you did not yell and start a quarrel. Otherwise, no one would tolerate such a thing.

But there is no question of tolerating anything here. We can't blame him!

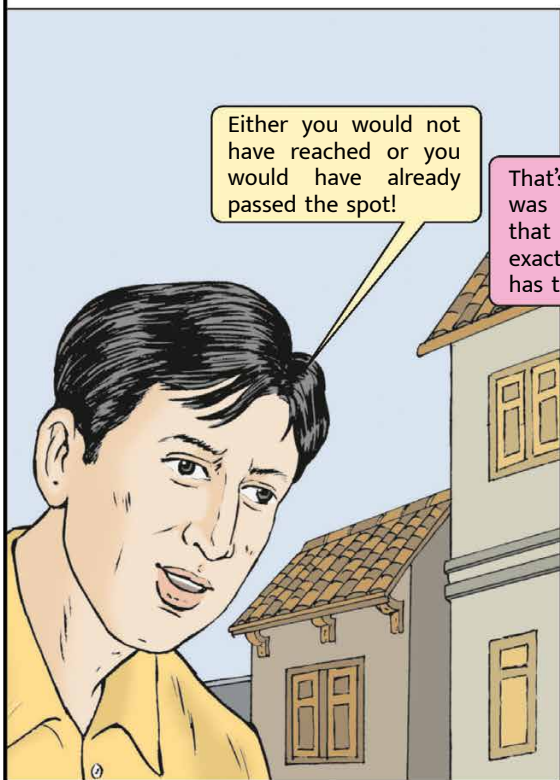
Listen, instead of this, if a stone fell and spoiled my clothes, then would I blame or scold? And what if a pigeon spoiled my clothes with its droppings? Would I have gone to argue with the pigeon?

OK uncle, but since you saw him, you can tell him, can't you?

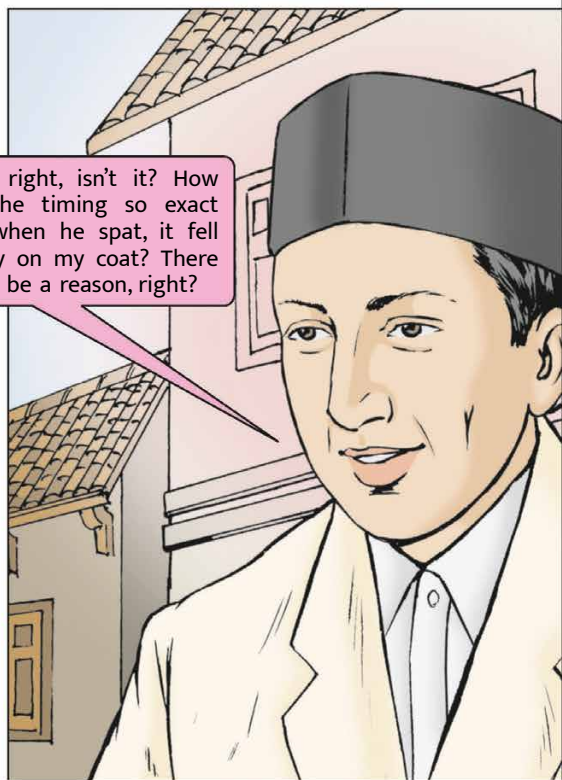


What should I say to him? OK! tell me, if that person spat just a little bit earlier or later, then where would I be?

Either you would not have reached or you would have already passed the spot!

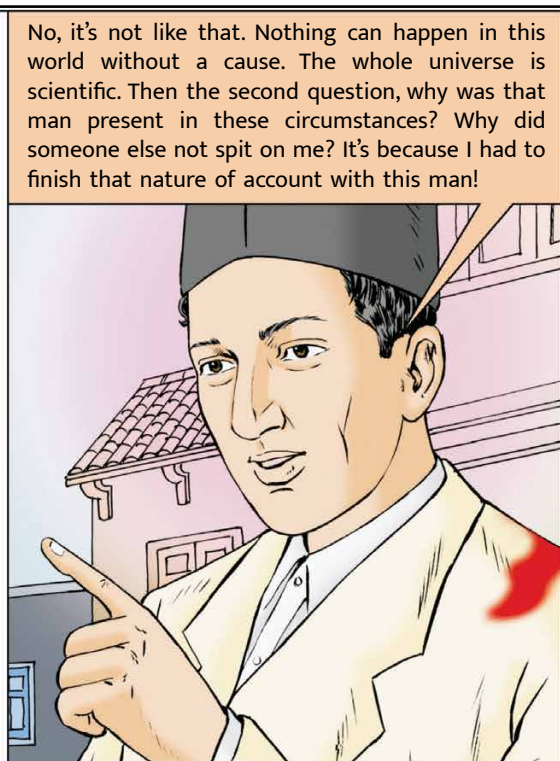


That's right, isn't it? How was the timing so exact that when he spat, it fell exactly on my coat? There has to be a reason, right?

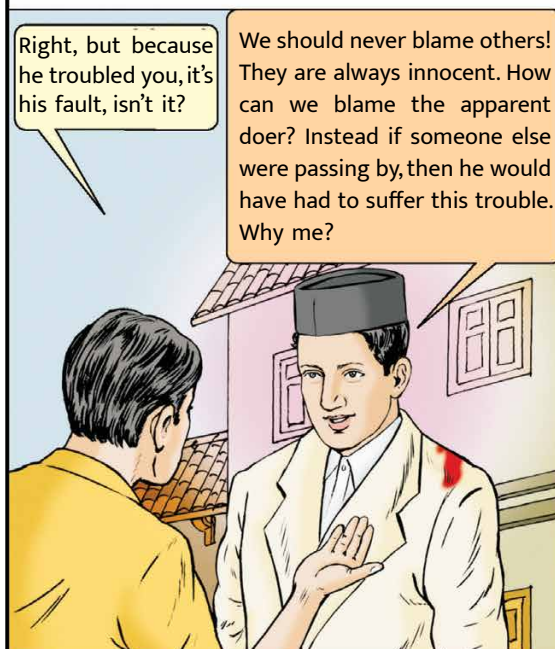




What, uncle? What can the reason be? That is just coincidence.

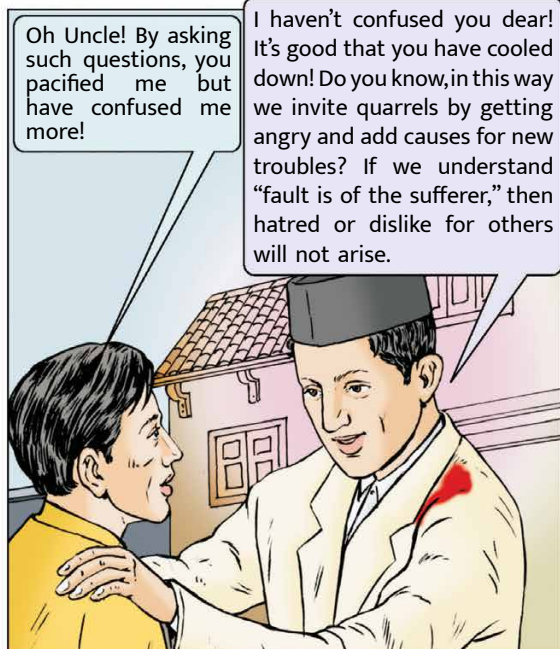


No, it's not like that. Nothing can happen in this world without a cause. The whole universe is scientific. Then the second question, why was that man present in these circumstances? Why did someone else not spit on me? It's because I had to finish that nature of account with this man!



Right, but because he troubled you, it's his fault, isn't it?

We should never blame others! They are always innocent. How can we blame the apparent doer? Instead if someone else were passing by, then he would have had to suffer this trouble. Why me?



Oh Uncle! By asking such questions, you pacified me but have confused me more!

I haven't confused you dear! It's good that you have cooled down! Do you know, in this way we invite quarrels by getting angry and add causes for new troubles? If we understand "fault is of the sufferer," then hatred or dislike for others will not arise.

Such was Dadashri's vision! The revolutions within him turned very fast. He was able to simultaneously see countless phases of any situation that occurred. 'Why did this happen?' 'Who is the doer of these circumstances?' He would constantly ponder over these questions.

Youth Experience



Dada Youth's annual gathering is known as 'FUZION', an event eagerly awaited by the youth throughout the year. In Fuzion, amidst fun, enjoyment, and true understanding, all the youth were ready to return to their homes. We were also ready to return to Rajkot; everyone was very excited. Before leaving in the evening, arrangements for snacks were made, and that day's special treat for everyone was 'Dabeli'! A tasty snack, right? Manish thought it was his favorite item! His mouth watered, and he felt very hungry, so he ended up eating a bit more than usual. After having snacks, everyone in the group got into the car to head towards Rajkot. Everyone was enjoying themselves with fun and excitement. But after a while, Manish started feeling uneasy and nauseous. Overeating often leads to bad consequences, and Manish had to face the same. He quickly moved to the front seat. He requested to stop the car, but at that time, it was not possible to stop on the bridge. By the time the car stopped, he had vomited 3-4 times, and due to his continuous vomiting, the clothes of most people sitting around him got dirty.

How would you feel if your clothes got dirty because of someone else? Disgust? Lack of manners? Irritation? Anger? Frustration? Feeling annoyed? Something similar, right?

But when the car stopped, everyone was very calm; no one complained about their clothes getting dirty, nor did anyone show any irritation. Everyone got down to help! Calmly, everyone cleaned their and Manish's clothes, hands, feet, and face with water and took good care of Manish.

Isn't it surprising to have such understanding companions? I know you are surprised, aren't you? Why didn't anyone have negative feelings about this incident? Let me uncover the mystery...

On our way back to Rajkot from Adalaj, all of us young people had accepted and followed the teachings from the 'Fuzion' camp. We learned a lot from Pujya Dadashri's teachings and various activities, like not finding faults in others no matter the circumstances that arise, not getting irritated, adjusting in every place, staying positive in every situation, helping others, etc...

Every youngster from Rajkot on the bus had understood Pujya Dadashri's feelings and embedded them into their lives, which became an example for all of us. **Getting irritated, angry, or having negative feelings towards someone is not a solution to any problem.**

Do people get irritated due to me?



Questioner: Niruma, sometimes we have very good intentions for another person, but the other person gets irritated due to our speech and behavior. At that time, we feel, “I hope you understand my inner intention, which is a beautiful intention.”

Niruma: This is a situation where we are irritating another person. We would definitely not know that we are irritating the other person. The person who is irritating the other person does not know that he is irritating the other person. That is his lack of awareness. He has no idea that the other person is getting irritated due to him. We are so forced by our weakness that we speak or behave with such naturalness and spontaneity that unknowingly, we irritate the other person. We have no idea that we are irritating the other person.

Let's increase our awareness... Should we look at your score for “I irritated someone!”? What are you doing in your everyday life to irritate others....

“Irritated them!” Score



1. Which of my habits irritates people?

A. WhatsApp / SMS / Phone

i. I don't reply to messages.

ii. _____

iii. _____



B. Daily Routine

i. I don't brush my teeth.

ii. _____

iii. _____



C. While Driving a Bike / Car

i. I don't wear a helmet/seat belt.

ii. _____

iii. _____





D. Other Habits

i. I snore/kick in my sleep.

ii. _____

iii. _____

iv. _____

v. _____



2. Do we irritate Mom?

a. I don't eat on time. Mom keeps calling, but I don't arrive on time for meals.

b. _____

c. _____

d. _____

e. _____

f. _____



3. Do we irritate Dad?

a. How does it feel when no one talks to you? I haven't had a heartfelt conversation with Dad for many days.

b. _____

c. _____

d. _____

e. _____



4. Brother / Sister / Friend

Name: _____

a. _____

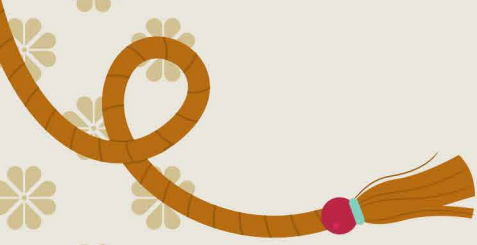
b. _____



De-stress

Think about it... When you are happy, you don't give it much importance if someone pranks you. But if you are already upset, even a tiny thing feels like a huge burden. Therefore, a happy person spreads happiness, and a sad person spreads sorrow. To stay joyful, de-stress yourself daily.

- Fresh Air: Go for a walk daily, get some fresh air in a garden, by the river, etc.
- Do yoga, pranayama, and exercise.
- Play sports. Not for competition but for enjoyment.



Poem

Maanasni aa ek moti nabalai chhe...
Juo vaat-vaatma kevo akalay chhe...

**Samasyanu samadhan e laavto nathi...
Na gamtu samabhavve e pachaavato nathi...**

Jaate balyathi bhayankar aartadhyana chhe...
Ne dukh koine detaa thai gayu raudradhyana...

**Karva malampatti kare chhe e khota upay...
Kaan manoranjan kaan to vishaye jai lapsay...**

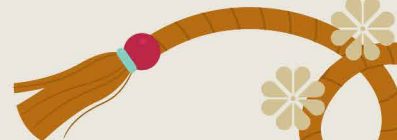
Khud balto ane bijane baalato jaay...
Chhevate potanu j e ahit karto jaay...

**Gnan vaaparta shaktio jarur khilashe...
Thoda prayatna karta samadhaan pan malashe...**

Aa doshne jitvaa karo kai samyak upay...
Gnan apply kartaa Gnani pan raaji thaay...



By Dada's Youth

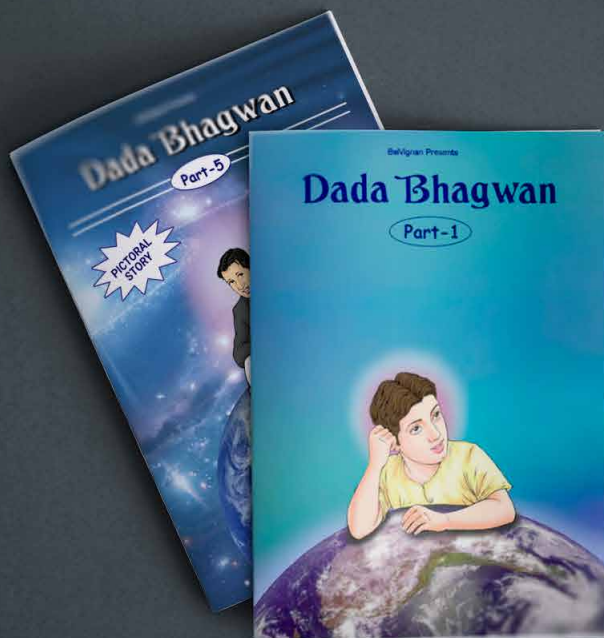


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