

# Akram Youth

January 2023 English

Dada Bhagwan Parivar



# Table of Contents

04 Intellect Is...

16 Youth Experience

05 Analysis of Addiction With the Intellect

17 Activity

06 Gnani With Youth

18 Mahavir Hanuman

08 The Intellect Makes You Emotional

20 Solve Tension With the Intellect

12 Who Can Truly Be Considered Intelligent?

24 Poem

14 Gautam Buddha

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# Editorial

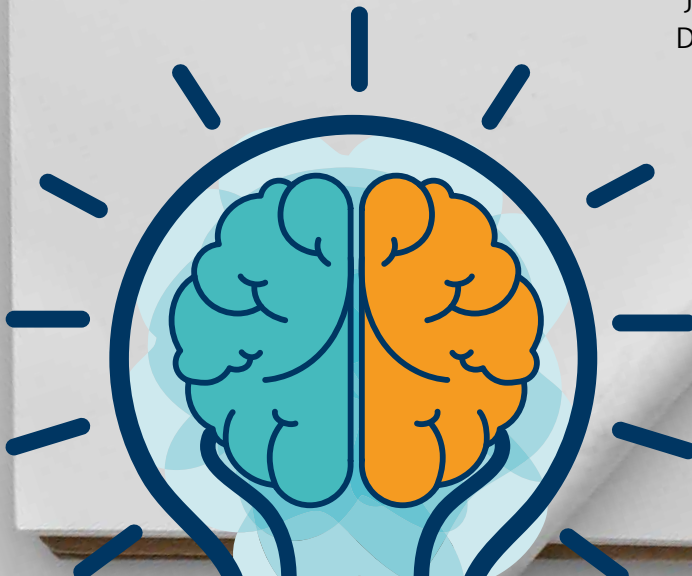
Dear friends,

In this era of Kaliyug, people focus mostly on their own profit and loss, advantage and disadvantage. They distinguish between mine and yours and create divisions with others. As a result, they don't experience peace and happiness in their lives.

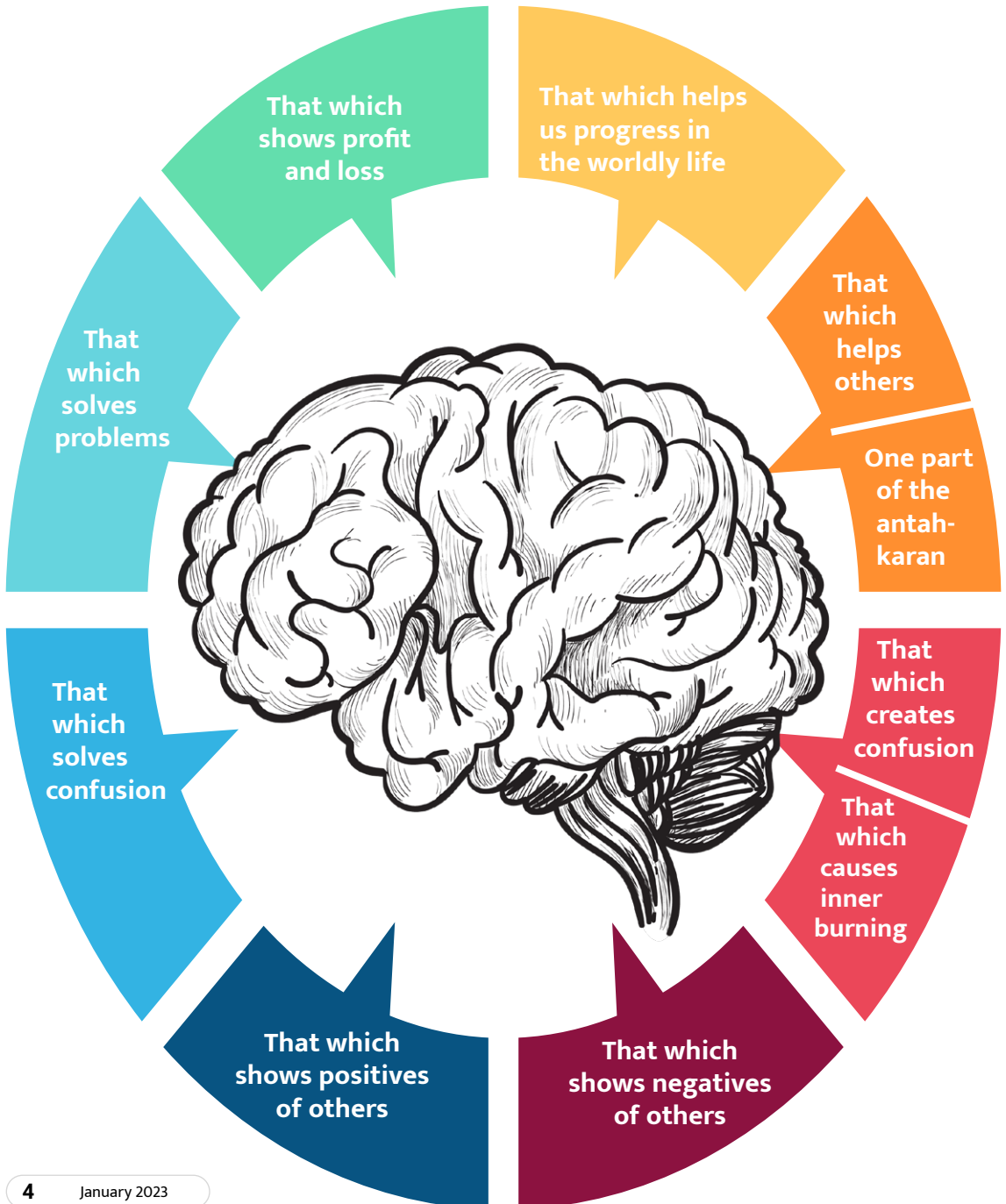
For example, if you know how to use a sharp knife, then it can be very useful in the kitchen. However, if you don't know how to use that knife appropriately, then it can be very harmful and can even cause death. Friends, that is the case with the intellect as well. There are four parts to the inner functioning mechanism – the mind, the intellect, the chit and the ego. Of these four, the intellect is the one that causes the most problems. If it is used in a positive way, then it can achieve great things. However, if it is used in a negative way, then it can cause a lot of harm.

In this edition of Akram Youth, we will understand the true form of the intellect, which has been given so much importance in worldly life. Along with that, let's gain an understanding that will help us to use our intellect to find solutions to our daily life activities.

Jai Sat Chit Anand  
Dimplebhai Mehta



# Intellect Is...



# Analysis of Addiction

## With the Intellect

By smoking a cigarette only once, you will become addicted to it for the rest of your life. It could lead to terrible diseases like cancer, which will cause you so much suffering. You will also face financial difficulties due to the expense of buying cigarettes and treating the diseases.

Oh! These are expensive, branded, imported cigarettes. By smoking them, you will become very fresh.



**Did you see friends! In such situations, the intellect can show us the loss and divert us towards the right path.**

# Gnani With Youth



Today the results of the twelfth standard exams were going to be published. Everyone in Vikas' family was worried. At the same time, they were also positive with the hope that the result would come out good. They were eagerly waiting for the newspaper since morning. As soon as the newspaper came, they checked for Vikas' seat number in the first class list. Then they checked in the second class list, but what is this? Everyone was confused. "Vikas, is your number correct?" Everyone asked at the same time! After checking multiple times, they found Vikas' seat number in the pass class list. 'Pass class? How could this be? This is not possible! There must be some mistake! I will have to ask for a recheck of my exam. The people at the education board cannot be trusted.' Everyone was giving opinions based on their intellect.



In the end, Vikas went to school and checked his marksheet. After seeing his marks, he was very disappointed. He started thinking, 'Why so little marks? Now I won't even get admission to the city college. All my hard work has gone in vain. I had told my father so many times to change my school. No one teaches properly in this school. Even the teachers don't know the answers. They give us no support and still expect us to get a 90% score. They literally put pressure on me!' Vikas sat on the school bench thinking, 'What now?' As he was thinking, he heard the notification of his WhatsApp, 'Ting, Ting'. It was Rohit's message as usual. Today he had shared a video clip. It was 'Today's Energizer'. Vikas decided to relax a little bit and started watching the video clip.

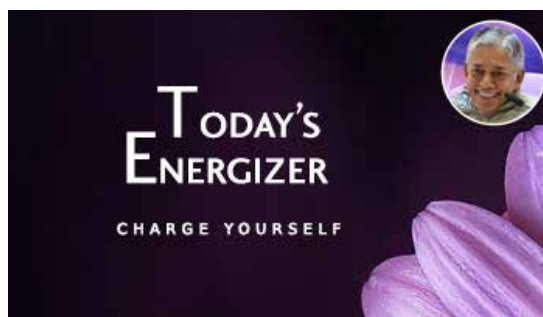
**Questioner:** Should we leave our intellect aside if we want to go to moksha?

**Pujyashree:** What does it mean by 'leaving it aside'? Use your intellect to find a solution to the work. Don't use it to see the faults of others. You won't be able to completely shut off your intellect. So use this solution for your intellect. Understood? Don't see the faults of others. Don't use your intellect to hurt others. Use your intellect to solve problems that arise. Understood?

**Questioner:** Yes.

**Pujyashree:** For example, if the exam paper is difficult, students get mad at the teacher. 'What kind of teacher is this?' Don't think that they are creating difficult exam papers. Think, 'Which questions will I be able to answer?' At least you will be able to answer eighteen or sixteen or fifteen out of the twenty

**Don't see the fault  
of others. Don't use  
your intellect to  
hurt others. Use  
your intellect to  
solve problems that  
arise. Understood?**



questions. First solve those. Don't see the faults of the teacher.

As soon as the video clip was over, Vikas understood his mistake. 'Yes, this is absolutely true. I saw faults of the teacher, the school, the education board, my father, and the other family members. However, the fault was really my own, for not putting in enough effort. I should have found a solution to this situation. I should have used my intellect to find a solution. Oh... Be calm Vikas... Leave everything aside... First, see everyone as faultless and do pratikraman for them. You will feel lighter.'



# The Intellect Makes You Emotional

We experience a lot of changes in our lives with the changing times. Most importantly, new thoughts and new techniques. Our family environment plays a big role in this. As we enter into adolescence, the changing hormones and the development of our bodies have an effect on our nature and on our minds. As a result, our likes and dislikes change and we experience mood swings.

Bunty, who was studying in the top college in the city, was upset due to the same reasons. Sometimes his thoughts would confuse him, make him emotional, and he would get angry at someone and argue with them. Due to this, the environment around him would get tense. He would realize after sometime that his behavior was not appropriate, but he could not do anything to change that.

A few minutes before the start of class, a handsome student entered through the college gate. The smile on his face, his walking style and his personality were very attractive. Bunty

was impressed as soon as he saw him.

Bunty immediately went close to him and asked him with a smile, “Hi... new student? New admission?”

Bunty extended his hand. The new student extended his hand as well and replied, “Yes... Yes... New admission in college. I am Aryan... first year.”

**Bunty:** Very good... Very good.... I am Bunty.

**Aryan:** Today is my first day in college. I am delighted to meet a friend like you. (Bunty was further impressed by Aryan’s kind words).

Bunty and Aryan became good friends. Both used to spend time together. Bunty wanted to understand Aryan’s simple and impressive personality, which was very appealing to him. One day Aryan had not come to college and Bunty got into an argument with other students on some trivial matter.

The next day, Bunty was seen running and four students were chasing him. Looking at their expressions, it





seemed like they were trying to beat him.

Suddenly Bunty saw Aryan. Bunty immediately hid behind Aryan for protection.

**Bunty:** Aryan! Help... Help, these people are chasing me and want to beat me.

Aryan understood the situation. He immediately spread his arms out in order to stop the running students. He asked them, "What happened? Why are you

chasing Bunty?"

One of the students replied angrily, "Move aside. Stay out of this matter. You don't know what he did yesterday."

Understanding the sensitivity of the situation, Aryan folded his hands and respectfully requested, "Friends, I don't know what he did. He must have made a mistake, for which I am sorry. Please forgive him. I promise that he will not make this mistake again. Trust me."

Aryan's calm, respectful words did magic. All four students immediately





became calm. One of them said, “We are letting him go this time because of you, but if it happens again....?”

Aryan said, “No, no friends, I guarantee that he will not make this mistake again. Sorry friends...” All four of them became subdued hearing Aryan’s words and they retreated.

Bunty was completely astonished by what had happened. He felt so much respect for Aryan. He was impressed and stunned by Aryan’s personality. After a moment he asked, “Aryan! Can I ask you something?”

**Aryan:** Absolutely.

**Bunty:** You don’t even know the mistake I have made and yet you were able to stand firmly in front of those four body builders and speak to them so calmly. You were able to stop them. Weren’t you scared?

**Aryan:** Brother... If you approach the situation emotionally then it will make it worse and you will never get good results.

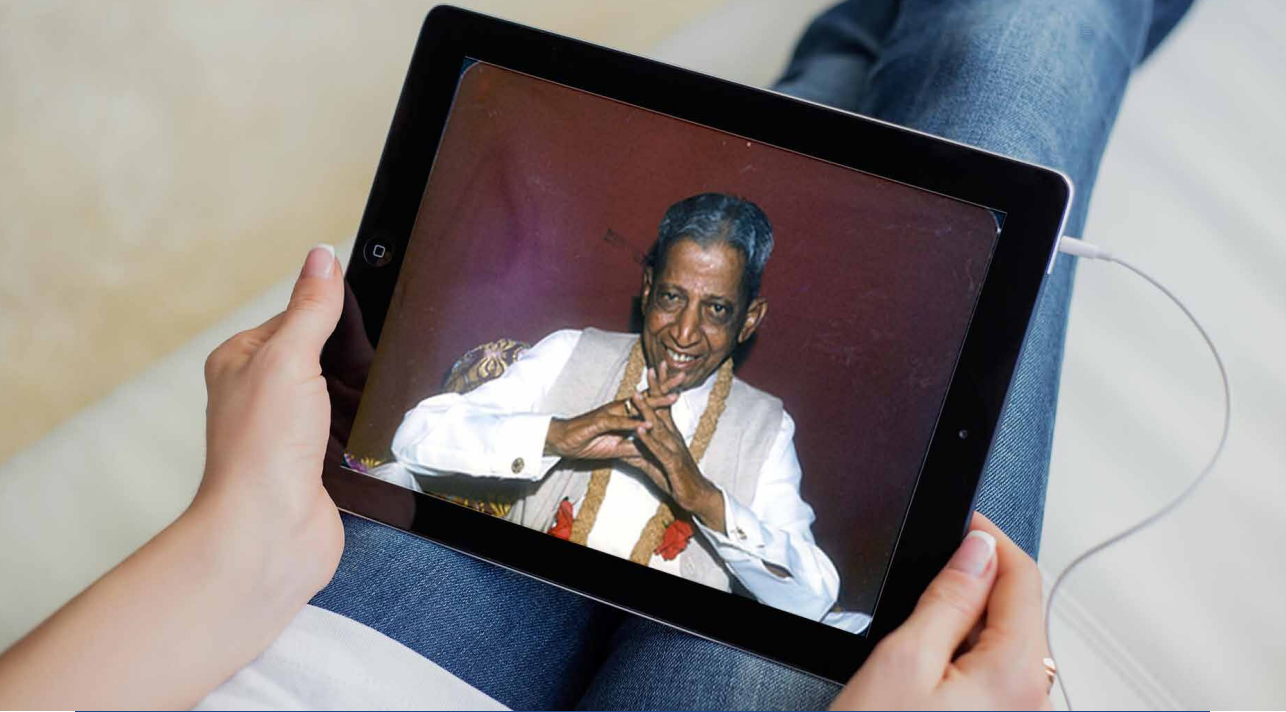
**Bunty:** Yes, that’s true... I am really emotional. I get overcome by emotions. As a result, I get into fights. Today I saw the result of that. Please explain to me how I can come out of this.

**Aryan:** I was also very emotional like you before. It could be because of my young age and lack of understanding. But be patient. I will show you a nice video clip of Dada. After watching it, you will understand how I came out of this.

As Aryan was looking for the saved clip on his mobile, Bunty asked, “Who? Your Dada?”

**Aryan:** No... Not my Dada... He is the Dada of hundreds of thousands of people. A scientist... A great Gnani Purush... People call him Dada Bhagwan. Here, listen to His speech...





**Dadashri:** The intellect makes you emotional. All these animals remain in motion, they do not become emotional. Only humans become emotional. For example, this train remains in motion. What happens if it gets emotional? What happens if it starts jumping on the tracks?

**Questioner:** It will cause an accident.

**Dadashri:** Will the passengers enjoy it? All the passengers would die, wouldn't they? Just as the passengers in the train would die, when one becomes emotional, thousands of living organisms in the body die. A huge loss is incurred. Then he will say, "I practice non-violence. I don't hurt any living beings. I have never committed violence!" You foolish person! You are committing violence all day long! All these living organisms are dying. There are lots of living organisms within the body. When you become emotional, you incur the liability of killing thousands of living organisms.

**Bunty:** Only today have I understood the loss incurred by becoming emotional. It affects the mind and the body. Wow... Friend! Today I found a new path.



# Who Can Truly Be Considered Intelligent?

## Akrampedia

Name: Ayush Mehta  
Age: 22 yrs

One needs a firm determination to win a competition, tournament or challenge. Along with that, one requires physical and mental wellbeing, experience, study, practice and insight. You may be knowing that one only needs intellect to win a chess competition. That is why it is known as the game of intellect in India.

Just like the pawns in chess, our intellect keeps on moving to and fro in our mind. And, who am I? Rohan. I am number one when it comes to chess and intelligence! I tell my friends that I compete with full preparation in chess competitions, but in reality, I'm not always well prepared. But, I'm very intelligent! Most of the time I come in first, so since childhood, my parents have

been saying, “Our Rohan is very intelligent!”

As usual, today I was also sitting in the award ceremony after the chess competition. As I was sitting there, a competitor came near me and started speaking randomly. He was trying to tell me that I was not well prepared for the competition, and that I won the game by cheating. I didn’t appreciate that, so I let him know my feelings.

As soon as I reached home, I told my dear grandpa about my win. Along with that, I also told him about what my

competitor had accused me of. In order to gain some additional respect, I also told my grandpa that even though I was not well prepared, I won the game due to my intelligence. “Now no one can defeat me in chess! What do you say? Grandpa, isn’t your Rohan really intelligent?”

My grandpa started thinking after listening to me. The look on his face was telling me something different than what I was expecting. He grabbed an Aptavani from off the table in front of him. He turned the pages and stopped on one page. Then he started reading -



**Who can truly be considered intelligent? One who stops a conflict. Instead of feeding a conflict, he pacifies it. That is why ‘we’ are known as astute! No matter how bad of a situation ‘we’ face, ‘we’ solve it.**

**The intellect is something that does not allow divisiveness to arise. If someone spills milk, then ‘our’ intellect knows right away from experience why it was spilled. It will immediately say, “It’s okay that you spilled the milk. Carefully wipe it up and bring some more milk to prepare the tea.” It will calmly say this. Whereas for most people, even before the milk is spilled, they get disturbed. It is the intellect that keeps on bothering them all day long!**

The whole night, I kept on thinking about Dada’s words. That day, I recalled my conflict with my competitor as well as many other such events. My belief that, ‘I am very intelligent’ broke and I also understood who can truly be considered intelligent!



# Gautam Buddha

This event is believed to have happened during the time of Lord Mahavir. Gautam Buddha lived during that time. His real name was Siddharth. He was born to a Kshatriya family. He was the prince of Kapilvastu. Kapilvastu is ancient India's Lumbini, which is the country of Nepal today.

Dadashri used to say that Gautam Buddha had traversed all the layers of the intellect and was prevailing in the topmost layer. He had reached a very high stage. He had a unique personality. We can get a sense of that high stage from this life event of his.

An event occurred in Gautam Buddha's early life. The river Rohini, which originated in the Himalayas, used to flow through Uttar Pradesh. Two different tribes, namely the Shakya and the Koli used to live on opposite banks of the river Rohini. Both these tribes had relationships with each other such as similar lifestyles, and they used to marry their children with children from the other tribe. Everything was going smoothly with mutual understanding. Then someone's intellect created a dispute between the two tribes. They did not agree on river Rohini's water storage. Each wanted to divert the flow of the river for their own storage. Ultimately, both the Shakya and Koli tribes came to the verge of war.

Lord Buddha came to know of this dispute. Lord Buddha was a Shakya and his maternal family was Koli.





River Rohini originated in the Himalaya mountains so it never dried up. The dispute between the two tribes was not really a question of who should have control of the water, but it was a question of egoism.

Gautam Buddha asked one question to the chief general of both armies, “Does the water of river Rohini ever dry up?”

Both of the army generals shook their heads and replied, “No Lord, it never dries up.”

Buddha asked a second question, “Will you be able to bring back to life the soldiers who will die from this war?”

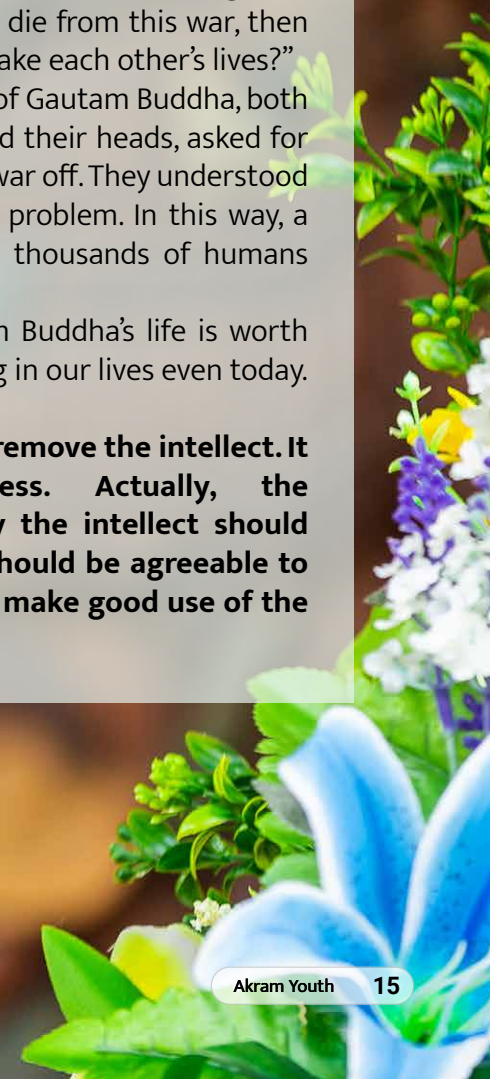
“No, Lord. We will not be able to do that.”

Buddha said, “So, if the water of river Rohini never dries up, and if you are not able to bring back to life the soldiers who will die from this war, then what right do you have to take each other’s lives?”

Hearing these words of Gautam Buddha, both of the army generals bowed their heads, asked for forgiveness, and called the war off. They understood that there was actually no problem. In this way, a war that could have killed thousands of humans was avoided.

This event of Gautam Buddha’s life is worth understanding and applying in our lives even today.

**There is no need to remove the intellect. It will create divisiveness. Actually, the compromise achieved by the intellect should not have any duality. It should be agreeable to all. Therefore, you should make good use of the intellect.**





# Youth Experience

Hi... How are you friends... Jai Sat Chit Anand

This event is from the sixth semester of my third year of engineering. My exams were in the last three months of the semester. My friend was named Shishir. We shared a good bond. It so happened that Shishir got into an accident and suffered a fracture. His situation was so bad that he couldn't walk or sit. So there was no chance that he could leave the house and go to college! He found himself trapped in a grave situation.

As a friend, I had so many thoughts in my mind. I was confused. 'Will he be able to take his exams? Will all his hard work go in vain? Will he lose a whole year?'

A voice from within said, 'A friend in need is a friend indeed.' That's it... I decided that I would help Shishir any way I could. Whatever lectures or homework he misses, I will regularly teach him so that his studies do not get impacted.

The question was that in order to teach him, I would have to properly study, understand and memorize the material myself. I had a habit of studying just two to three days before the exam and I would pass with only 60% to 65% marks.

Now, in order to handle my current situation, I had to study the material with more focus. I had to attend all the classes regularly with the goal of teaching that material. I had to play the role of teacher. I started going to his house at night and teaching him everything that I had learned that day. Because of this, I got a chance to revise the material.

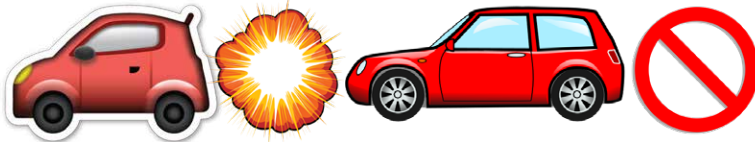
This continued for almost two and a half months. As a result, my sixth semester result was excellent and I came first in the college with 76% marks. I was overjoyed. At the same time, Shishir came to me and thanked me heartily saying, "Friend, I got 63% marks and it is only due to your help and hard work!"

Friends, Shishir could have failed that year. He could have become sad and could have wasted one year. However, just by helping him, I also achieved a very good result. I learned that if I use my intellect in a positive way, if I use it to help others, then I will certainly get a good result, a positive result.

- Nirav, Baruch

## Guess Dada's book name from the emojis

1



Dada's book name:

2



Dada's book name:

3



Dada's book name:

4



Dada's book name:

5



Dada's book name:

6



Dada's book name:

7



Dada's book name:

8



Dada's book name:

Answers on page 23



# Mahavir Hanuman

Hanumanji, the divine messenger of Shri Ram, the owner of immeasurable strength, the son of Anjani and Pavandev (the God of Wind), was flying towards Lanka in search of Sitaji. Just then, the celestial beings became doubtful of Hanumanji. “Let’s test him and see how intelligent he is by seeing if he can successfully complete Shri Ram’s work.”

The celestial beings gave the task of testing Hanumanji to the mother of snakes, Surasaa. Surasaa was a demon with illusory powers. As Hanumanji was flying over the ocean, Surasaa suddenly appeared and opened her big mouth to hinder Hanumanji’s path. She opened her mouth and said, “Hey Monkey, wait. You are my meal for today and I am eager to eat you. I am very hungry.”



The strong Hanumanji said with utmost respect, "O goddess mother! I am going towards Lanka to accomplish a task for Shri Ram. Please let me go, as it is extremely important that I deliver the message of Shri Ram to Sitaji. As soon as I accomplish this task, I will come back and at that time you can satisfy your hunger by eating me."

Surasaa did not listen to Hanumanji and opened her mouth even wider. Hanumanji was very intelligent. He doubled the size of his body. However, he understood that this demoness had illusory powers. 'If we fight, then the result will not be good. I will unnecessarily waste time and energy and it will delay my search for Sitaji.'

He put his intellect and cleverness to good use. By showing respect to Surasaa, he reduced the size of his body, quickly entered Surasaa's mouth and immediately came back out.

Surasaa understood Hanumanji's intelligence. "You have a very sharp intellect. You are extraordinary, extremely strong, as well as determined in achieving your goal. I am sure that you will certainly achieve your goal." Saying this, Surasaa accepted her defeat and opened up the path to Lanka for Hanumanji.

**Hanumanji was very intelligent. He doubled the size of his body. However, he understood, 'This demoness has illusory powers. If we fight, then the result will not be good.'**



**Hanumanji had both intellect and strength. He could have used his intellect to start a fight, and he would have wasted time. However, Hanumanji used his intellect to avoid a fight and achieve his goal of delivering the message to Sitaji. Let's understand that we should use our intellect to avoid clashes and solve our problems. Then we will definitely achieve success and avoid misusing our energy.**

# Solve Tension With the Intellect

## A Glimpse of Dadashri's Book



**Dadashri:** Tension increases by seeing faults in others. It starts from the moment you see the fault. Our Gnan says that the world is faultless. Tension increases when you see someone at fault. That is what our Gnan says. Do you not believe in that belief through Gnan? Do you accept that through Gnan?

**Questioner:** I accept it but even then that [tension] happens.

**Dadashri:** But you have to be cautious. See others as faultless. When you see someone as being at fault, then you should say, 'I see you at fault, but I am really the one at fault. I ask for your forgiveness.' Then the intellect will cool down. You do not do that, do you?

**Questioner:** No, I do not.

**Dadashri:** Then remain in tension!

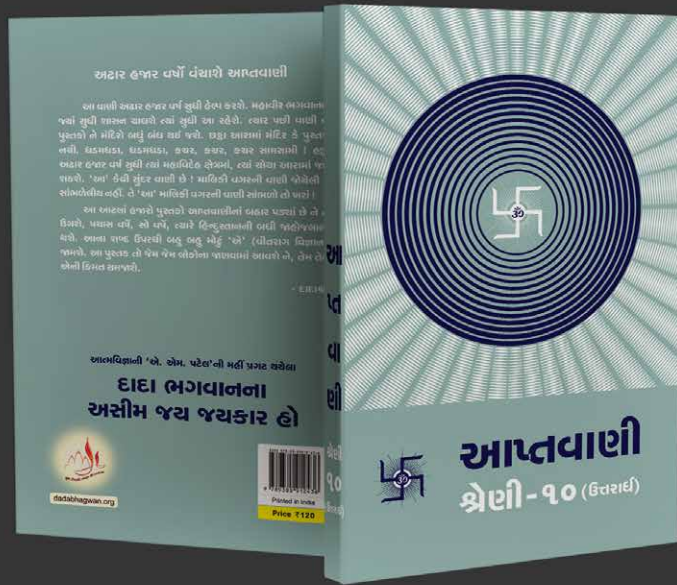
**Questioner:** No, I have to get rid of it, Dada.

**Dadashri:** Then, when are you going to get rid of it? When you grow old? You have strength when you are young. You have all

the happiness and yet you do not know how to enjoy it. What kind of nonsense is that? You have a first class reservation [on the train] but you still argue with the other passengers. [Say to yourself] 'Hey! Why are you getting up and arguing? Just be quiet and go to sleep. This is your reservation.' The whole night will be wasted. And if the other passenger comes back to argue with you, just say to him, "Sir, you are a very important person. I am nothing compared to you. It is just that I ended up in the first class compartment; that is all. Otherwise, you are a very important person. Please take rest." Just say this and go to sleep. Why would you spend all night arguing with him?

**Questioner:** I feel that it is an interference of the intellect, Dada.

**Dadashri:** It is the intellect, but that is its nature. Now if you have this Gnan, then you will know that there is certainly no one at fault. What you are seeing is wrong. The intellect is showing this and bothering you. The intellect is 'eating your food' and it is



also bothering you. It is 'eating your food'.

It wants to 'live in your house' and then bother you.

**Questioner:** But why doesn't the intellect get out?

**Dadashri:** It will not get out. You have nurtured it and helped it to grow so far, so it will not leave all of a sudden. That will happen when you have the opportune moment. But you never have the opportune moment, do you? You should continue to look for the opportune moment.

Tension can destroy a person and there is nothing but tension if this Gnan is not there. Is the world not in misery? Even this judge is miserable. But he stops that misery when he enters the court. How does he stop it? It is because he has pride, does he not? He thinks, 'People will notice [that I am in tension].' He may throw someone out or make them stand outside of the court, but he himself has come from home miserable! One cannot refrain from interfering, can he? Whether he is a magistrate or a minister. But

interference certainly happens at home, does it not?

**Questioner:** It does, Dada.

**Dadashri:** It happens to everyone. No matter how great he is, he certainly has a friendship with the toilet, doesn't he? That is when 'we' understood! There is misery everywhere, even with the wife. Therefore, remain cautious. 'We' are telling you this because your intellect is working more than normal. You should be very cautious. This tension can destroy you. Even this Gnan that you have attained will go away. You will not have another opportunity to attain it. You should ask for forgiveness even if the other person is at fault.

**Questioner:** Some ego still remains. I am not able to ask for forgiveness right away. Before, if a mistake occurred, I would immediately ask for forgiveness and resolve the situation.

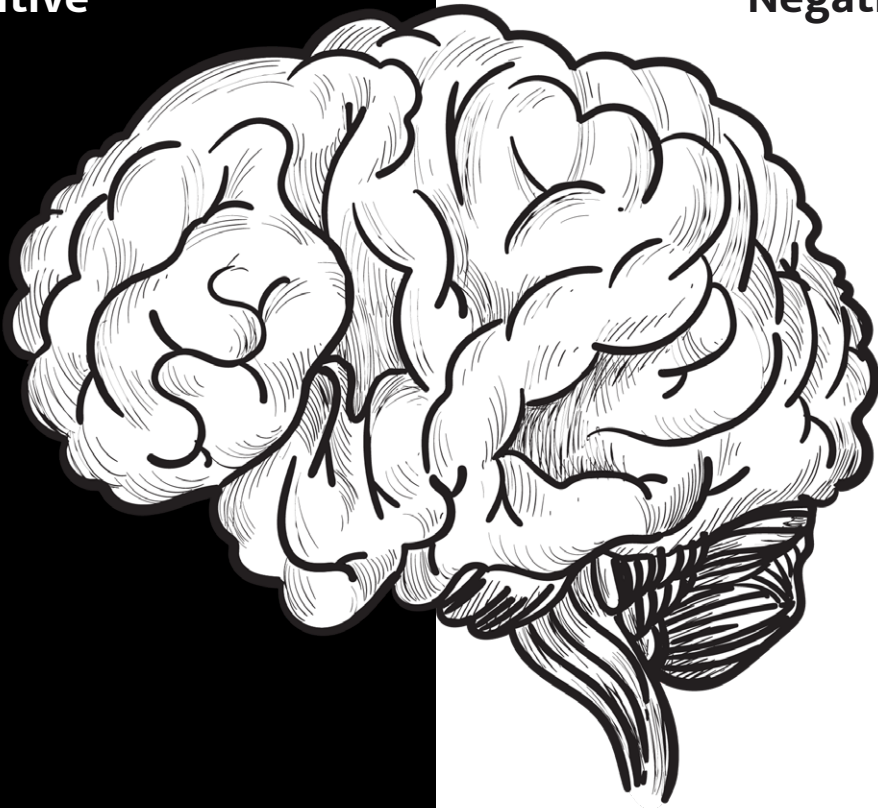
**Dadashri:** So you should try doing that again.

**“What is intellect? Profit and loss, it sees both, that is known as intellect. Where is profit and where is loss?”**

**- Dadashri**

**Profit**  
**Positive**

**Loss**  
**Negative**



# Poem

Vaat Vaat ma nafo-khot batavavu jenu kaam che...  
Sahune sansaar ma raakhe sansaar buddhi nu dhaam che...

Sahajta todi vyaktine asahaj karaave buddhi...  
Vaat vaat ma nit nava e dakha laavto shodi...

Pariname nukshan karaavto pakshpaati vakil che...  
Pote bhatakti bijaane bhatkave evi dalil che...

Jara vicharo sujaan buddhi dubaade ke taraave che...?  
Vaat vaat ma harek vaat ma saamane doshi tharaave che...

Kaamkaaj mate buddhi vaaparvanu Shree Gnani samjaave...  
Kharo buddhishali koiniye athdaaman ma na aave...

Nirmal buddhi to tene kahe je taale saghala matbhed...  
Kashay daagh padva na de vyvahaar kare chokkho safed...

Gnan che asim prakash buddhi ni seema bahar che...  
Gnanio hoye khara abudh jemnu Gnan apaar che...



By Dada's Youth

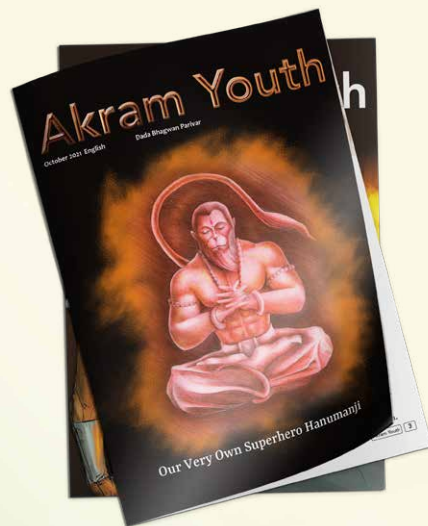
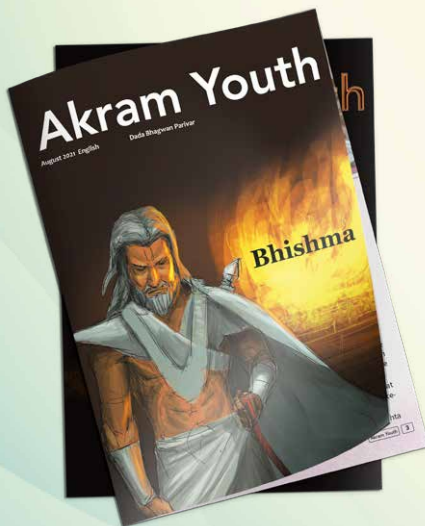


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