



# Akram Youth

November 2023 English

Dada Bhagwan Parivar



Do we know  
and understand  
our **Parents?**

A stylized line drawing of a family walking away from the viewer. On the left, a young girl in a long-sleeved shirt and pants holds the hand of a woman in the middle. The woman is wearing a long-sleeved shirt and pants. To the right, a man in a long-sleeved shirt and pants is carrying a small child on his back. They are walking on a curved path. The background is a solid blue color with a faint grid pattern. There are some decorative elements: a small cloud-like shape above the text, a bird-like shape to the left, and some stylized tree branches with orange and white leaves on the right and left sides.

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# Editorial

To know a person, we must closely observe them. Whenever we make new friends, in every conversation with them, we observe very minute details about them such as their likes and dislikes. The reason for this is we want to avoid divisiveness due to difference of opinions and adjust with them so that we can maintain the friendship for a long time. But, do we even try to know our parents, the ones who we spent day and night with since birth, the ones we have infinite obligations towards? We feel that our parents and elders are old fashioned and do not understand us. However, do we know and understand them as they are or are we taking them for granted?

If we get to know our parents closely, then we will be able to understand their viewpoint. We will be able to see their beliefs and circumstances that cause them to speak certain words or behave in certain ways which we don't like. Our clashes with our parents will reduce, and we will not see them as being at fault. On the contrary, we will be able to see their positive qualities.

I hope that this edition will provide an understanding of different techniques that the youths can apply to get to know their parents closely and make their relationship with them full of love and respect.

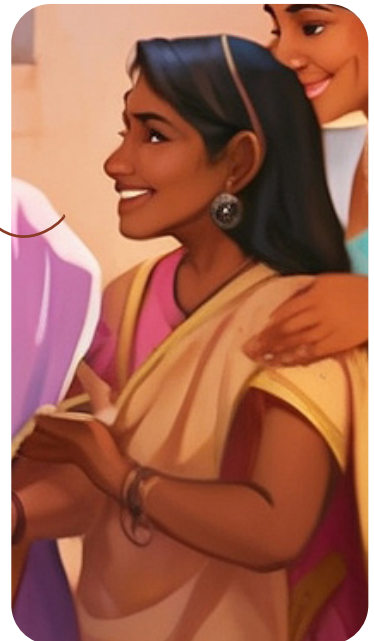
- Dimplebhai Mehta

# Human Bingo!



Whoever  
got the  
Best Singer  
Award!

I know who  
got it.







Rohini... on  
my paper...

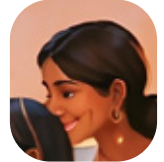


Mom, Best  
Singer!!



Aunt, give me...

Rohini... give  
me your  
signature...



Game over! And the  
winner is... Nirali!

Oh Isha, the only one you had  
left was the Best Singer  
award

Isha dear, your mom  
got the Best Singer  
Award in college.

Yes, I didn't know...

# Face to Face

Isha felt for the first time that other people knew her mother more than she did!

Do we fully know our parents?

Let's do an activity for this. You must give honest answers to the questions below based on what you know. However, if you don't know something, you can ask your parents.

But there is a condition!

You are not going to ask these questions directly or in an interview format. Instead, you must create a situation where you spend time with your mom and dad, in which you indirectly get the answers to these questions.

So, are you ready?



- 1 What was your parents' favorite color in their childhood? And what is their favorite color now?
- 2 What is the name of your mother's best friend from her childhood? How did they become best friends?
- 3 What was your father's first job and when did it start? What was his salary?
- 4 What were both of your parents feeling when you were born?

- 5 What is the activity that your father enjoys the most in his free time?
- 6 What do you do when your parents are sad to make them happy?
- 7 How was the first day of school for both of your parents?
- 8 What is the most memorable incident in your parents' life that they can never forget? It could be a happy or sad incident.
- 9 What do your parents like to do with you the most?
- 10 What is the biggest profit and the biggest loss in your parents' life?
- 11 What is something your parents have learned from their parents and want to teach you?
- 12 What is something that really makes your mother angry?

After reading these questions, you might wonder how to get the answers. Don't worry. In this issue, you will get some ideas that will make it easier to find the answers. Let's read.



# Raj's Regret

---

Raj went on an international cruise with his family for vacation. New places, new people, a novel experience, and out at sea, no one knew where the first day went amidst the various activities on the cruise. But from the second day onwards, small squabbles started happening.

"Dad, where shall we go for dinner today?" Raj asked since he was feeling hungry that evening.

"So early? We had a heavy lunch today and haven't even digested it. Shall we go a bit later?"


"But I'm hungry. It's okay, I'll go alone." Raj said, feeling annoyed.

"Raj, we are on a family vacation. What's the point if we eat separately? Come on, you're hungry, so we'll also join you. How about going to the Mexican restaurant here?" his Mom suggested to Raj in a convincing tone.

"Not Mexican... Italian! I want to eat pizza." Raj insisted again.







“Raj, you know, dad has trouble digesting flour. We had pasta yesterday. So Mexican today...” his Mom tried to explain to Raj.

“You always do what you like! I don’t want to come.” Raj got angry and walked away.

How could parents let their son wander alone on the cruise?

Raj’s dad called Raj and persuaded him to come back. They all went to a café, where there was a continental cuisine. They called the waiter to take the order.

“One nachos platter without cheese,” said dad.

“And one extra-large veg pizza!” Raj jumped in.

“Extra-large? Who will eat so much, son? Just order as much as you can eat,” dad suggested.

“Don’t interrupt. I am placing the order!” Raj told off his dad. Dad went silent. The waiter stood watching the scene.

“Raj dear... You can’t eat an entire pizza, and it will just go to waste, that’s why dad suggested you order as much as you need,” mom

tried to calmly explain to Raj after the waiter left, but Raj flared up.

“What does it matter if a little goes to waste? One should order properly. You are always nagging in every matter!”

Mom again tried to calm him down, explaining, “When you speak loudly in front of everyone and insult dad in front of the waiter, it hurts him much!”

“Oh come on... I don’t want to hear any lectures.” Raj cut off mom.

He was hungry, so he couldn’t leave either. Waiting for the order, Raj sat playing games on his mobile. The order arrived. They all ate quietly. Raj went straight to the club after eating. The parents returned to their room.

“I thought we’d have a good time together on this vacation, but...” mom sighed.

“Don’t worry. Forget all that, let’s watch the satsang that’s starting soon.”

Raj came back to the room at night. He quietly opened the door, entered, and went straight to the bathroom to change. Mom and dad were watching satsang, the words of which reached Raj’s ears in the bathroom.



**Questioner:** There will be divisiveness due to difference of opinions among family members. Everyone's opinions are indeed not the same!

**Dadashri:** Yes, there is no problem with a difference of opinions. However, there is a problem with conflicts that arise due to this divisiveness. Naturally there is divisiveness when we talk about a difference of opinions. One says, 'This is wrong.' The other family member says, 'No, it's not wrong.' However, this should not give rise to a conflict. Get rid of the conflict by any means. Get rid of the divisiveness. Even if divisiveness has occurred, we should resolve it immediately by any means.

**Questioner:** Please talk about this a bit more. Please explain what divisiveness is and how we can resolve it.

**Dadashri:** Shouldn't we recognize the prakruti (non-Self complex) of our family members?

**Questioner:** I am not able to recognize that.

**Dadashri:** Why can't you recognize it? Won't you be able to recognize it if you try?

**Questioner:** I am not able to recognize that even after ten years.

**Dadashri:** Wow! Try to recognize it after taking Gnan. You will be able to recognize it. As your vision increases, you will be able to recognize it.





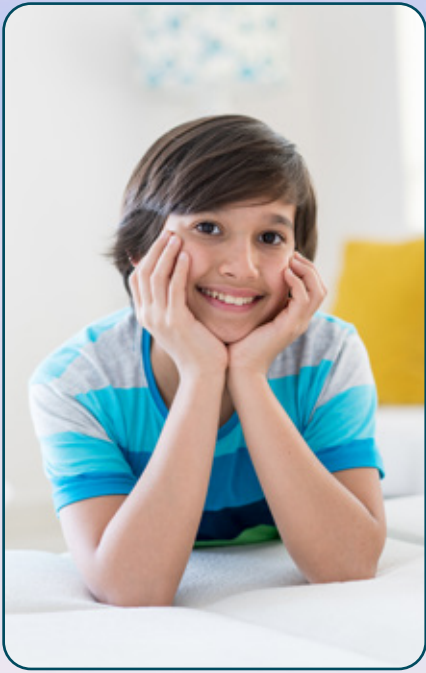
**Pujyashree:** Hmm... Let's wrap up here. This is a very good solution from Dadashri. Recognize the prakruti. Even when we bring a new mixer/grinder home and if we try to grind something without closing the lid, everything will splatter around! So, immediately we know that we made a mistake. We missed something. What happened? Oh, we forgot to close the lid. So, next time, we will set everything properly. We will first close the lid and then turn on the grinder. Why? We experienced it. We observed our mistake. We do not allow it to spoil again.

So, in this life, a husband and a wife should also recognize each other's prakruti. 'What did I say to hurt the other person? What did I say to upset the other person? This should not happen again.' Closely observe and make changes in your behavior. Then it is possible to avoid the divisiveness. You can also solve it with the intellect. We have this Gnan, this worldly intellect, and the determination that we do not want to hurt anyone and do not want to cause conflicts among family members.

Dadashri says that it is possible to solve it. Recognize the prakruti. You will recognize it by observation. Once you recognize it, you will have the energy to adjust.

Have you seen a gardener? He knows how to deal with the thorns on a rose plant and use the roses. He adjusts so beautifully. He recognizes the prakruti of a rose plant and picks the roses by avoiding the thorns. This is worldly interaction, but with such close observation... A mother takes adjustments with her young children. In the same way, one should observe and adjust with her husband, a husband with his wife, with parents, with in-laws, and with all family members. Closely observe, 'What is hurting the other person? What changes should I make to not hurt them?' If we just take that adjustment, that is enough. That is known as recognizing the prakruti. We only need to take that much adjustment. Whatever hurts the other person, just stop that. Live a life that does not hurt anyone.





As soon as Raj laid down on the bed, the words of the satsang started echoing in his ears again. He began to see his behavior with his parents like a film. He remembered the day when his dad wanted to go to a play, and he had flatly refused because he wanted to watch a movie. Even though his mom got bored at plays, she went for his dad's happiness. Raj recalled a summer vacation day when he insisted on playing cricket. His dad suggested playing a new board game so that his mom would also enjoy it, but Raj wouldn't budge. If his mom didn't cook what he liked, he would leave without eating and go out to eat junk food with friends. His dad would eat anything with love, so his mom wouldn't feel bad or let the food go to waste. But Raj argued, "Why can't we eat out every week like other parents?" This set off a chain of thoughts in Raj's mind. He realized, "Dad works so hard to earn money, but I never considered his feelings. That day I created such a fuss to get a bicycle that dad had to borrow money from his office. When mom is sick, dad helps with household chores. And when I have any difficulty, mom stays up all night with me. They never let my studies suffer. And me! Can't I even adjust for a small vacation with them? They are getting older, and I have my whole life ahead of me to fulfill my desires." Raj understood his mistake. Tears began to flow from his eyes. At that moment, he decided, no matter what, he would never behave in a way that would hurt his mom and dad again!



**We have thousands of  
mahatmas, yet why do  
we get along with all of  
them? The reason is, we  
know everyone's  
prakruti. We do not  
touch their thorns; we  
just see their flowers.**







## It's Ok!

“Hurry up, Krina, we are getting late! It's okay if you don't iron your scarf this time!” Krina's roommate, Riya, said.

“What do you mean it's okay? The dress only looks good if the scarf is well-set!” Krina, looking in the mirror, placed her scarf around her neck. She saw herself in the mirror. For a second, she felt as if her mother was standing in front of her! She just stood there, frozen.

“Krina, let's go now, the rickshaw is right downstairs!” Riya grabbed Krina's hand and took her outside. They locked the room and quickly descended the stairs to sit in the rickshaw. They both had an interview with different professors for research that day.

“Where did the time go, right? Didn't even realize it.” Riya said as the rickshaw started.

“Super fast! You enjoyed six months on dad's money! Now it's time to earn.” Krina said while looking at the traffic.

“Dad has a lot of money, but I don't want to ask him. If both these professors approve us for the research, we'll be at peace for two years!” Riya said.

“It will happen, don't worry!” Krina reassured Riya, patting her on the shoulder.

“You are just like my mom! My mom used to say the same thing, ‘It will happen!’” Riya joked.



But Krina, hearing ‘mom’, got lost in her own memories.

“What happened, where did you drift off to?” Riya nudged Krina.

“Nothing! I just realized that I’m not only like your mom, but I also speak like my mom. Look, I used to say ‘Why do you need to iron a scarf?’ and mom used to say ‘Krina, dear the dress only looks good if the scarf is well-set!’ And today...”

“Today, you spoke exactly like that!” Riya said.

“Yes, I’m scared that I might become just like mom!” Krina joked. They both laughed.

The rickshaw stopped near the building.

“How much is it?” Riya asked.

“Forty rupees,” the rickshaw driver said. Riya was about to pay, but Krina stopped her.

“Forty? It should only be twenty!” Krina tried to bargain, but Riya stopped her. She paid the driver and sent him off.

“Do you also haggle like mom?” Riya asked angrily.

Krina paused for a second, then looking at Riya, said, “Haggling like mom!” and they both burst into laughter.

After finishing the interviews, they both returned home. Krina was cooking. Riya was grumbling while helping. “If the interview result is positive, I’ll stop cooking and get a tiffin. No more cooking!”

“Riya, stop chopping. Go, wipe and put away the dishes,” Krina told her.





“It will be fine without wiping! They’ll dry lying there; we’ll put them away later!” Riya said lazily.

“No! They’ll get stains. Go now,” Krina said firmly.

“Okay, mother!” Riya reluctantly wiped and put away the dishes.

The cooking was done. Riya quickly took her plate and started eating. Krina was still in the kitchen.

“Come on Krina, let’s eat. I won’t wait. Don’t complain later if it’s all gone!” Riya said while eating.

“Coming, just wiping the platform!”

“It will be fine even if you do it after eating!” Riya yelled.

“Then I’ll feel lazy!” Krina quickly wrapped up and came to eat. While eating, they started chatting.

“Krina, I feel like in this house, I’m your daughter, and you’re my mom!” Riya joked.

“Riya, you know what? I feel like I’ve almost become like mom. In every little thing, I feel like I do everything that mom used to do! Which I used to get irritated by,” Krina said sincerely.

“Like...?”

“Like bargaining for the rickshaw fare this morning. I used to say to mom, ‘Why bother haggling over ten extra rupees, it’s not like the rickshaw driver will build a mansion with it.’ But when it came to spending my own money, I realized I do the same!”

“That’s true. Mom didn’t need to work. I don’t either, but I feel hesitant to ask dad for money. I used to always



complain that mom didn't spend time with me. Now, maybe I understand mom's situation!" Riya's eyes moistened while speaking.

"You know? I used to argue just like you about drying and putting away the dishes. But when I had to manage the kitchen myself, I disliked it too. Look, just like mom, I prefer to wind up first before eating. But then, I used to grumble that mom wouldn't sit with me to eat. Why not clean up later? But I would be halfway through my meal by the time she cleaned up!" Krina continued speaking.

"Just like my meal is over." Riya showed her empty plate. They both laughed.

"It's strange, isn't it! We behaved exactly like mom when put in her situation. We used to get irritated at her. Now we understand the reasons behind her actions. We haven't even experienced dad's life yet. But I'm sure if we step into his shoes, we'll understand his behavior too. But why couldn't we see all this earlier?" Krina said thoughtfully.

"Every habit, decision, and behavior of theirs had some belief or reason behind it. But we neither saw it nor tried to understand! Ah, if we had this maturity earlier, how many arguments with mom and dad could have been avoided!" Riya spoke.

"Hmm... A good morning starts from the moment we wake up. Let's decide that without getting irritated or angry, we'll think a bit or ask why they do certain things. Right?"







“Right!” Riya and Krina made a new resolution.

A week later, Diwali vacation started at college. Both went to their respective homes.

One morning, Krina woke up, and her mom said, “Krina, quickly go and bring flowers from the market! We’ll do the Chopda Pujan today.”

Krina thought, “Work right after waking up? Even during vacation?” But instead of getting angry, she quietly got ready. Then, while her mom was making tea in the kitchen, and while she was wiping and putting away the washed dishes, she asked, “Mom, why do we do Chopda Pujan?”

“Honey, we should worship what fills our stomach and runs our home. People used to worship business ledgers. The idea was to remember and respect our income sources for one day of the year, praying that no obstacles come in the way. Now we don’t have ledgers, so we worship some files and office computers. But the purpose remains the same!” Mom explained lovingly.

Understanding the reason, Krina’s annoyance turned into enthusiasm.

Then her mom asked, “Since when did you start wiping and putting away dishes?”

“Only after I moved away from you!” she hugged her mom. “I’ll go and get the flowers,” she said, leaving quickly so her mom wouldn’t see her tears.

But her mom saw right through her heart!



Meanwhile, Riya, eating at the dining table with her parents, asked, “Mom, why did you decide to work?”

“What’s this, asking history today?” Riya’s mom was surprised.

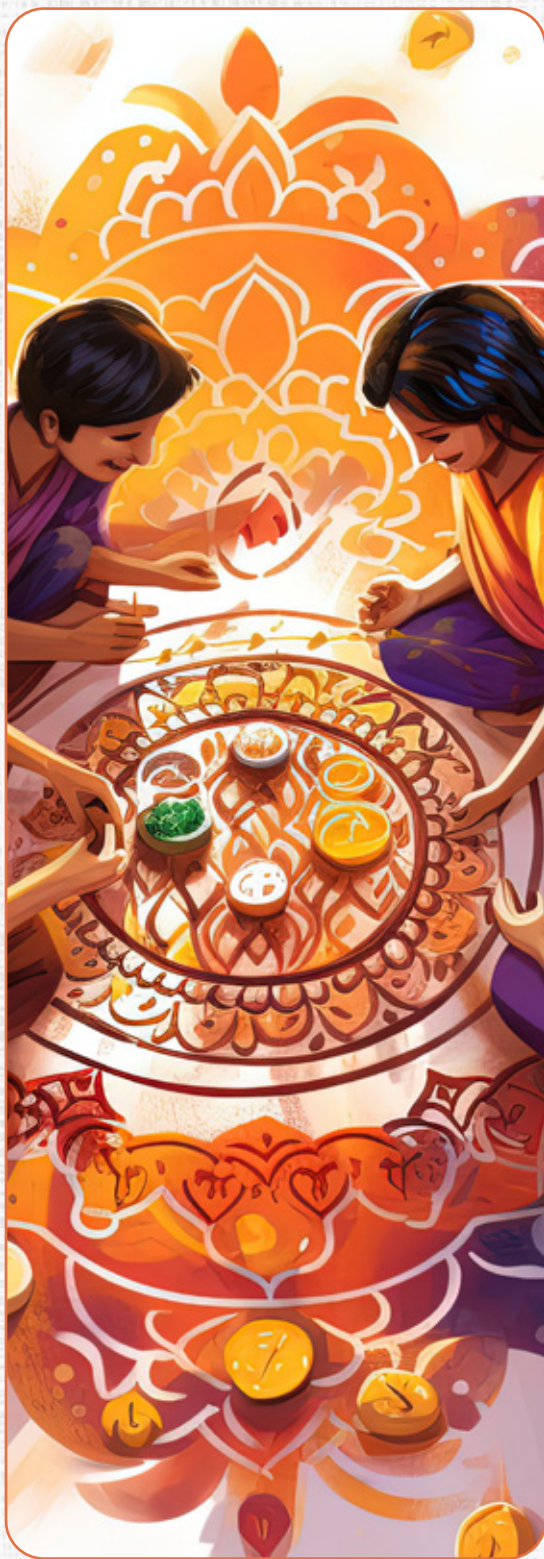
“Yeah... I thought about this while job searching.” Riya clarified.

“Riya, I saw my mom, your granny, spending her entire life as a housewife. She never had time for herself but educated us well. Before she passed, she advised me, ‘Child! I educated you so you can stand on your own feet. So, manage the house, but also fulfill your dreams.’ Mom paused.

Riya, getting serious, said, “Mom, sorry! I’ve complained since childhood that you don’t spend time with me, saying it’s okay not to work! But when I had to stand on my own feet, I hesitated to ask dad for money. I wanted to be independent. I think now I understand your situation!” Riya’s voice choked.

“It’s okay, child,” Riya’s dad comforted her. “What mom has done for this house, for you, is beyond words. I’m glad you understand now. You have every right to be independent. Just ensure that this right doesn’t turn into arrogance. If you need money, who else will you ask if not your parents?” Dad explained lovingly. Riya hugged them.

That day, both Krina and Riya felt the true joy and spirit of the Diwali festival in their hearts!





# Face to Face Again



Let's revisit our first activity. Have you got all the answers? If not, at least you must have got some idea about how to find the answers. Right?

Below are some more ideas that will make it easier for you to find the answers.

- 1 Take out your parents' wedding album or an old photo album from when you were young. Go through the photos and reminisce, engaging in conversations. You will find many answers to your questions.
- 2 Plan an outing with your parents. You can plan a dinner one day, or go out for half a day on a Sunday. If possible, plan a weekend trip. Focus on sitting with your parents during the outing and learning about their lives through conversations.
- 3 Play outdoor games with your parents. Go for morning walks or cycling. Then sit at a nice place and have a conversation to learn more about them.
- 4 Help your mother in the kitchen cooking one day or with grocery shopping. During the free time in between, talk and learn more about her.
- 5 Set aside some time every evening after dinner to chat, and in these conversations, ask in detail about your parents' lives.

**Besides these, you can think of and do something new in your own way.**

# Youth Experience



My father had a very helpful nature. Whenever someone came to him asking for something, he would readily give it, even if it meant losing something valuable like his phone, without even realizing it. As a child, I used to get angry, wondering why he helped everyone indiscriminately. I would often refuse to give things to people, saying no myself, but my father would not like that. He would explain to me, "This is not right! We should help when someone is in need. We never know when we might need help ourselves."

I was probably in the fifth or sixth grade. From then on, my father would take me along whenever he went to government offices. He would introduce me to everyone there. I found it annoying - why did he bring me along? I had to study but I would have to sit there for hours. By the time I reached the eighth or ninth grade, I knew all about the city's government offices - where to go, whom to meet, and how to get things done.

Then, my father was diagnosed with cancer, which lasted for five years. During those five years, all the people he had helped came over, looked after him, and did any work he needed. When my father passed away, all those people helped us a lot. Since he had taken me to government offices for so long, I knew where to go for pension and other work. People recognized me in every office, so I was able to get things done through them. That's when I realized the intention behind all my father's actions and words!

Even today, everyone remembers my father. One gentleman always calls on my father's death anniversary and says, "How can I forget this day!" I always feel that life should be such that even years later, people remember you! And I also realized that we may not understand what our parents say at first, but if we act on it, we will realize that it's for our own good.



# Akram Youth Magazine

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# Poetry

Khetar nahi, kutumb vividhata thi bharela bag chhe...  
Judi judi prakruti bhajvati juda juda bhag chhe...

Pan jem maaline phool sathe kantano swikar chhe...  
Em sahu sathe prem thi karva jevo vyavhar chhe...

Bas nirakhine, sahuni prakruti thodi to jani lo...  
Ma-baap na to upkaar divasma be vaar gani lo...

Gharmam vat chit, satsang aarti jeva upay karo...  
Apvane samane sukh, thodu tamaru jatu kai karo...

Dukh koiney aapvathi tame be dagla pacha pharo...  
Gyan ni chavi chhe a sonani, jo tame anusaro...

Gyani ni samjan ane kripa par tame vishwas karo...  
Koine adjust thavano thodo amasto prayas karo...

Common sense khilashe, vyavhar dipashe, kashay talashe...  
Ne aam karta karta chhelle madhur moksh mithai milashe...



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