

# Akram Youth

January 2024 English

Dada Bhagwan Parivar

₹ 20



**Magnetic Force**

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## Editorial

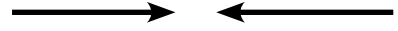
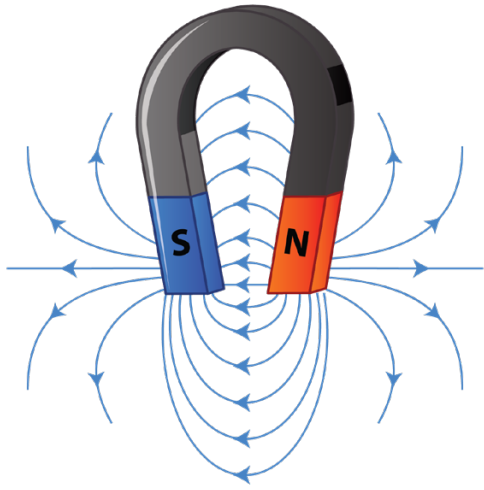
It is said that opposites attract! Hormonal changes occur in the body as one enters one's youth. As a result, there is a natural attraction between a boy and a girl. Although the attraction is normal, it adversely impacts our studies and careers if we don't keep a watch on that. And if we become overly engrossed in this attraction without control, then we even cross the limits [of normality].

According to Indian culture, the first twenty-five years of one's life, which means until the age of marriage, is known as the brahmacharya ashram, where one should practice physical and mental celibacy. The reason this practice was set up is that children and youth can concentrate on their studies and

maintain purity until they get married. Pujya Niruma and Pujyashree Deepakbhai similarly instruct that youths should remain pure until they get married at the appropriate age with the consent of their parents. One should be careful that their character is not tarnished.

On one side, there is a strong force of attraction due to school, college, and social media environments; on the other side, if one has the goal to remain pure, many youths get confused about what they should do when they get attracted to someone. This edition provides an understanding of what an attraction is and how a youth should behave.

- Dimplebhai Mehta



## Magnetic Force



Friends, did you know?

A **scrap crane** is a device that pulls out metal scrap from piles of waste.

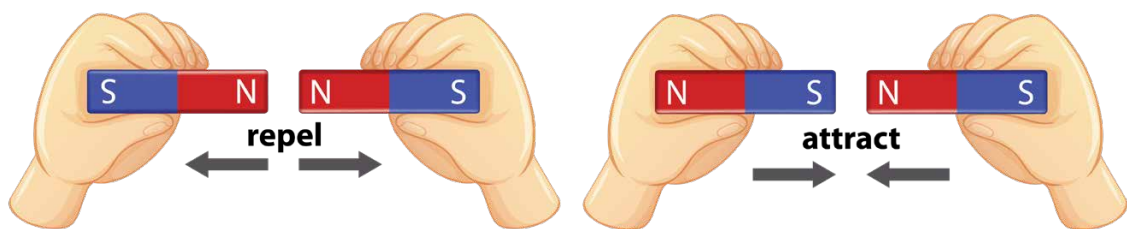
How does it work? This crane incorporates a large magnet. The magnet attracts the metal. Even if the metal is fragmented, it gets drawn towards the magnet. As the crane moves over the waste, any metal scrap present gets attracted and sticks to the magnet.





You must have heard about the **Maglev train**, the fastest train in the world, which can travel at speeds exceeding 600 km/h. But it floats above the tracks! How is this possible?

Instead of wheels, this train uses magnets, and there are also magnets on the tracks it runs on. However, these magnets are placed so that like poles face each other. This repulsion prevents the train from touching the tracks and eliminates friction, allowing the train to travel at full speed.



Just as similar poles of magnets repel each other and remain apart, when opposite poles come together they are immediately attracted to each other.




Just as a magnet attracts metal but does not attract wood, in the same way, we also feel attracted to specific individuals in life. This attraction is not towards everyone but towards individuals possessing certain qualities.

**What could be the reason for this?**



The reason is that there is a specific design or pattern in our minds regarding what an attractive person should be like. When we encounter someone who matches this pattern, we feel attracted to them. If we are aware of our pattern, we can remain conscious in such situations. Do you know your pattern? Let's discover it today.

Below are some qualities listed. Check the one that fits into your design of attraction, and if your design isn't listed here, you can write it down below.



Wow! He is so popular. He has thousands of followers!

Her smile is so beautiful.

He's smart and rich!

She has beauty as well as brains!

He has so many expensive gadgets!

He is outgoing and easily gets along with people!

He comes to college on such a nice bike!

I really like the way he styles his hair and dresses.

Tall, dark, and handsome!

His nature is so caring!

He has the best sense of humor!

He is the best-looking guy around here!



(Note: This activity is meant for your personal reflection only. It does not need to be shared with anyone!)

# Focus

“Raj! What happened this time in the test, friend? Why did you get a lower score?” Mr. Nikhil asked Raj affectionately.

Mr. Nikhil was like a friend to all the students at school. He was very popular. Raj always spoke openly with him, too. But today, he was silent and said nothing. And what could he say? He was the top student in the class, but in the last two exams, his score dropped from the top to just average.

“It’s okay. Even the top students need a break! I have brought an invitation to a special event for you,” said Mr. Nikhil while sending a message on his phone.

A message arrived on Raj’s phone; he asked while opening it, “What’s the invitation for, sir?”

“You’ll see when you come tomorrow,” said Mr. Nikhil as the school break began.

Raj came out of Mr. Nikhil’s cabin. And what’s this? Riya was standing right in front of him with her friends. They all talked and laughed out loud while looking at Raj. Raj felt that Riya’s friends were teasing him. Seeing Riya laugh, Raj’s eyes stuck on her, but the very next second, thinking, “No, no, this is wrong,” he turned his face and started walking away. Just then, he heard a loud voice from behind.

“Raj! Is everything okay?”

Raj turned back. Riya asked with a smile, “Mr. Nikhil called you to his cabin. Is everything okay?”



“Well...my test software crashed; he called me to upgrade it! The computer teacher, you know!” Raj gave a smart reply.

Riya couldn't help but laugh at Raj's comment. Riya and her friends left laughing at Raj's comment, but Raj couldn't sleep that night.

Riya and Raj were in the same class. Riya had shifted from class A-8 to B-9 just six months ago. Since Raj was at the top of the class, Riya would come to him for notes, and that's how they became acquainted. They had just started talking when Riya's friends began teasing her with Raj.

Raj tossed and turned all night. His father's words echoed in his ears, “Raj, son, this is the age to study. If you get distracted elsewhere, it will affect your studies. Focus on your career, and if there's anything, come talk to me.”

“But how do I tell Dad, and what do I say? That I'm attracted to a girl in class? What should I do? Do I tell him that if I hear her voice from afar, I stop in my tracks? When she laughs at my jokes, I forget the world! No way, Dad wouldn't like it. And he's right. This is the age to study. I should focus on my studies.”

Just then, a notification popped up on Raj's phone. Riya had posted a selfie with her friends and tagged Raj in it.

The attraction flowed from both sides. Riya felt a pull towards Raj as well. She looked for chances to talk to him. That's why Riya had tagged Raj in the photo. She would get ready and come to school, happy if Raj noticed her. Her friends supported her in all this.

Raj's eyes lingered on the photo, and his thoughts wandered. “I don't know. Even if I don't want to be, I am attracted to Riya, and she may feel the same towards me...” Lost in thoughts, Raj stared at the photo.

Another message arrived on Raj's phone. It was a reminder from Mr. Nikhil about the event in the morning. Raj snapped out of his thoughts, and guilt crept in, “No, no... It's not right. How much time do I waste on these thoughts!?! My test scores are also decreasing, and Mr. Nikhil puts so much effort behind me. Tomorrow, I'll muster the courage and directly ask him how to get my studies back on track.”

Raj reached the event venue in the morning. It was a large hall filled with many young boys his age. Raj couldn't understand what the event was about. He sat at the back, observing everything. After a while, a lady in a white saree arrived. Her face had a unique glow. Listening to her, Raj became completely alert.



**Niruma:** As you are walking on the road, many youths go for a walk in the evening with their friends, don't they? Usually, groups of four to five or eight to ten boys go together. Girls also get ready, put on make-up, and go out for a walk in style. So it is natural that boys and girls will get attracted towards each other, won't they? Won't they find someone beautiful? 'Oh! She is so beautiful!' Won't someone look at a girl with a sexual intent?

If we look at someone with a sexual intent, at that time, we should think, 'What if someone looks at my sister or my mother with such an intent? How will I feel?'. If the other person is someone's sister, she may be married. In that case, how do we know if she is someone's wife or a mother? So, we should think like that. Even girls, when they get attracted towards a boy, should think, 'What if someone looks at my brother with a sexual intent? How will I feel?' This is called humanity. We should remain aware

there. This should not happen. If it happens, then we should immediately do *pratikraman* internally.

*Pratikraman* means if we hurt someone or if we cause damage to someone, then we should bow down to the pure Soul of the other person and ask for forgiveness in our mind. Ask for forgiveness by bowing down internally to the other person's pure Soul and do repentance, 'Whatever I did was wrong. I should not do this.' If we do that, then we can wash off the bad deed. For example, if you look at a girl with a sexual intent, then ask for energy from the pure Soul within that girl, 'Please give me energy so I don't look with a sexual intent. Give me the energy to remain in Brahmacharya.' You should follow Brahmacharya until you get married. Do not spoil even by mind or sight. You destroy your education if you get into all this. Your inner strength of mind gets fractured.

The satsang concluded. Nikhil Sir asked Raj, “How did you find it, Raj?”

With a lump in his throat, Raj said, “Sir, I found the answer to the question that was in my mind right here! Who was conducting the *satsang*?”

Nikhil Sir explained that it was *Atma Gnani Pujiya Niruma*, with whom there was a special youth group question and answer session. There was a session with girls scheduled next.

Sir continued, “Raj, I could see the turmoil inside you for the past few months. But I knew you wouldn’t talk about it directly, and it wasn’t right for me to ask. That’s why I invited you here. I am glad you found the right path. Keep coming here.” Raj expressed his happiness and promised to attend the satsang again. Because here, Raj not only found answers to his questions but also gained insights that gave him a purpose in life. He found a true guide!

As Raj was leaving, he saw Riya and her friends approaching him. Instantly, Raj started practicing *pratikraman* as taught by Niruma. He lowered his gaze and moved away.

Nikhil Sir had specially invited Riya as well, knowing that attraction usually involves both sides.

Riya sat in the front during the hall. Initially, she was joking with her friends, but as soon as Niruma arrived and Riya saw her, she became calm. The *satsang* began.





**Niruma:** Especially for all of you who are studying in school or college, you should particularly keep in mind that this body will naturally form an attraction. Boys will get attracted towards girls, and girls will get attracted towards boys. Therefore, maintain awareness about that. Based on the inherent sexual subatomic particles that are in everyone, boys and girls will naturally get attracted towards each other. But you should remain aware. 'You' should remain separate and don't do 'Your' signature [or give 'Your' approval]. Internally, ask for energy from Dada Bhagwan and ask for energy from the pure Soul, 'I don't want this.'

Often, girls tease their friends about boys and create attraction even when there is none. You should not get involved in that. If girls like a certain boy in their class, they



keep talking about him among themselves. If they continuously do this, then when will they talk about pure Soul or even about their studies? Is what I'm saying correct or not? Clear yourself from all these. Our goal is different. Our cultural values are different.

When I was young, studying in college, I used to get really irritated if boys moved around me intentionally or even tried to flirt with me. I felt that these boys are morons and donkeys. I used to feel that I am at very high state. I did not have Gnan at that time, but I felt, 'I am from such a high family, with such high cultural values, and these boys may be from who knows what kind of family! I should not even talk to them.' So, I did have that type of ego from an early age. I felt that one should live with courage! I did not even look at all the boys roaming around girls. If someone is lurking around girls, he is a goner. As he is lurking around me, he must be roaming around other girls as well. You should be very careful around these types of boys. Do you understand what I am saying? Do you all agree?

We should be aware that we must cross this worldly life with this body. We must go all the way up to Moksha. You don't know if you will get married when you will get married, and whether a marriage will happen or not. We don't tell anything to anyone. Stay away from all these until you get married and do not find someone who is rightfully yours. Do not look at anyone with sexual intent. This is Dada's principle. Hold onto it. If you get attracted towards a boy, then do *pratikraman*. If you see someone with a sexual intent, your energy is destroyed. If you find a film hero attractive because of his style, that is wrong. Do a lot of *pratikraman* for that.

**From that day on, whenever Riya's friends teased her about Raj, even by mistake, Riya firmly stopped them. After one or two instances, her friends permanently ceased their teasing.**



# Mallikuvri

Do you feel this way?

When a person who is nice all around is attracted to us, it feels sweet inside. If that person is around us, we become conscious of our clothes, hair, and appearance. Our laughter and talking increase in that person's presence. Sometimes, we do things to draw their attention towards us; if we get their attention, we like it very much.

If this happens, we become that person's 'center of attraction'. Usually, this happens to everyone.

When Princess Mallikuvri was young, kings from six countries were attracted to her. Did she also like being the 'center of attraction'?

This story is about Bhagwan Mallinath, who became the nineteenth Tirthankara in a female form.

Mallikuvri was extremely beautiful and intelligent from her childhood.

Hearing about Mallikuvri's unparalleled beauty, kings from the surrounding six states demanded her hand in marriage from her father, King Kumbha. They threatened to invade the kingdom if their proposal was rejected.

King Kumbha was in a dilemma because he couldn't accept everyone's proposal. He wouldn't have had a capable army to fight against the powerful kings if he rejected any of the proposals.

Mallikuvri devised a strategy. She sent a proposal through King Kumbha to each king to come and meet the princess personally. Meanwhile, she ordered the creation of a statue identical to her. Following her orders, the sculptor made a statue exactly like the princess, adorning the headpiece with a golden lotus, where a mirror was strategically placed.

Every day, Mallikuvri would put two mouthfuls of her food into the cavity of this statue. The statue was placed in the center of the pavilion, surrounded by six compartments arranged so that one could only see the statue from within them but not who was in the other compartments.



The six kings were placed in each of the compartments. Upon seeing the statue, all believed it was truly Mallikuvri standing there. Mesmerized by her beauty, they moved closer to the princess.

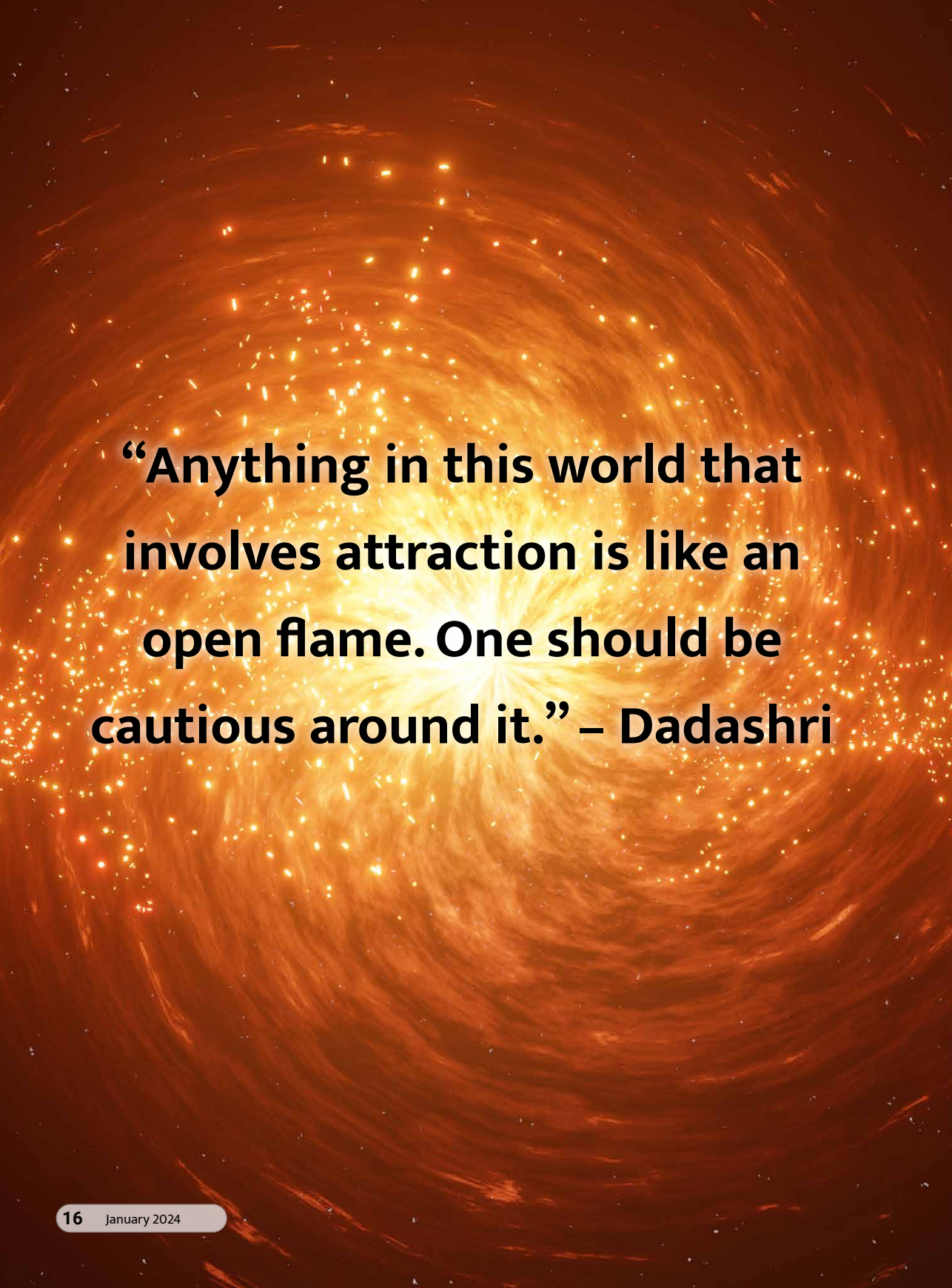
Mallikuvri opened the lid of the statue. The foul smell emanating from it caused all the kings to cover their noses.

Mallikuvri stepped forward and addressed the six kings, “A portion of my meal was placed into this statue daily. If this smell emanates from it now, imagine the odor that must come from this body. The beauty you were ready to invade for is nothing but a statue of stench. It contains nothing but bones, flesh, and blood. So, O Kings! Why fall into this illusion and fight among yourselves? It will only lead you to hell. Wise people are never attracted to the body.”



Hearing the princess’s insightful words, the six kings realized their mistake. Then, Bhagwan Mallinath made them aware of their past life debts to each other. Their eyes were opened. They apologized and returned to their respective kingdoms.

**This story of Bhagwan Mallinath tells us that the attraction towards the body is merely an illusion!**



**“Anything in this world that involves attraction is like an open flame. One should be cautious around it.” – Dadashri**





## What is Wrong Here?

“Hey, Shiv! I am so excited. Today, I swiped right! And you know? They did, too! It’s a match! We’ll meet at the café today,” Vicky told his best friend Shiv.

These types of conversations about dating apps have become very common among today’s youth. But Shiv was wise. He wasn’t into it. Shiv tried to reason with Vicky.

“Vicky... when did you get into all this? We’re still in our first year of college.”

But would Vicky listen? He argued back, “Oh, come on. Don’t be so boring. We are just going to have coffee together. What’s the harm in meeting?”

Shiv knew Vicky wouldn’t understand. He didn’t say anything further. But as a friend, he decided he must turn Vicky away from this path.

Then, he remembered Ketanbhai. Vicky and Shiv had learned about religion from Ketanbhai when they were children. As they grew older and the burden of studies increased, both stopped attending his classes. However, they made sure to visit Ketanbhai for blessings on specific festivals. Shiv knew

that if anyone could explain things to Vicky, it was Ketanbhai. Shiv messaged him, but Ketanbhai did not reply. Days passed by.

One day, it was Vicky’s birthday. As per tradition, after college, they went to receive Ketanbhai’s blessings. A class was still in session when they arrived. Both waited at the back of the class. Ketanbhai noticed Shiv and Vicky and gave a gentle smile. Then, turning his attention back to the students, he continued his lecture.

“All of you must have felt attracted to someone at some point, right? Sometimes, it might have been one-sided, and the other person may not even know. You might think, what’s wrong with one-sided attraction? Sometimes, things go beyond attraction, and you meet each other in a coffee or tea shop. You think, ‘We are just meeting in a public place! What’s wrong with that?’ So, let’s read a story today.”

Ketanbhai began to read the story aloud.

Shivbhuti and Vasubhuti were brothers. Shivbhuti's wife, Kamalshree, began to feel attracted to her brother-in-law, Vasubhuti. One day, driven by passion, Kamalshree made a lustful request to Vasubhuti. Vasubhuti, being of a religious nature, was appalled and thought, "Shame on that lust that prompts such improper requests from a sister-in-law. I have no desire to be bound by worldly desires and lust." With this detachment, Vasubhuti took initiation into monkhood.

When Kamalshree learned about this, her attraction towards her brother-in-law became a deep attachment. She died in anguish and was reborn as a female dog. On the other hand, Vasubhuti had become a monk. One day, while Vasubhuti was out for alms, the dog saw him and felt drawn to him due to the attraction from her previous life. She started following him like a shadow. Seeing this, people started calling him Shunipati Maharaj (the monk with the dog). Embarrassed by such remarks, the monk left the dog behind one day and went away. The dog, saddened by his absence, died in agony and was reborn as a female monkey.

While the monk was wandering through the forest, the monkey saw him. The result



of her previous life's attraction was such that she too started following him, leading people to call him "the monk with the monkey". When people said this, the monkey felt happy and attempted to mimic human behavior. Once again, the monk left the monkey unnoticed and went on his way. The monkey died in distress and was reborn as a female swan.

The monk was performing penance by the side of a lake in the cold. The swan approached him, embraced him, and started making sounds of separation and longing.

The monk remained steadfast in his meditation. Then, leaving the swan behind, he continued his wanderings. The swan died and was reborn as a celestial being (Vyantara Devi).

Vyantara Devi, with her clairvoyant knowledge, saw her past lives and thought, "It is because my brother-in-law did not heed my words that I suffered such a fate!" So, she came, boiling with hatred and anger, to kill the monk. But the power of his penance protected the monk, and the deity could not harm him. She tried other disturbances, but the monk

remained firm and steady in his penance. Finally, the monk attained Keval Gnan!

Seeing through his Keval Gnan!, the monk described the relationships of their past lives to the deity. The deity realized that her attraction towards her brother-in-law led to her condition and caused her to wander through various animal births. She regretted her mistake and attained the right faith through the grace of the monk. As the monk continued his wanderings, he eventually attained liberation (Moksha), and the deity's attachment could not bind him.

The story concluded.

Ketanbhai continued, "See? Kamalshree had a one-sided attraction towards her brother-in-law. But that attraction turned into an attachment. And from that desire of lust arose, leading to many lifetimes of downfall. Do not think that this story is just a tale. It is a true incident that teaches us how the cycle of karma works. It alerts us to our mistakes."

The class ended. Ketanbhai stood up, went to Vicky, and warmly said, "Happy Birthday, Vicky!" Vicky received his blessings.

After a brief conversation, Shiv and Vicky headed home. Seeing Vicky so quiet, Shiv asked, "Vicky, you just wanted to have coffee, right? Let's go, just the two of us!" Vicky looked at Shiv. Both smiled. Vicky took out his phone and deleted the dating app in front of Shiv.





## A Glimpse of Dadashri's Book

### If It Is Understood What Attraction Is, Then One Can Remain Cautious

This entire world persists only due to attraction. God does not have to do anything in this, it is all simply [due to] attraction! That which happens between a man and a woman, even that is simply attraction! The attraction between a man and a woman is just like the attraction between a pin and a magnet. It's not as though attraction happens towards all women. When the parmanu are similar, attraction arises towards a woman. After the attraction happens, if one decides that he does not want to be drawn towards her, he will still be drawn towards her. Should he not think in that situation, 'I do not want to be

attracted, yet why am I getting attracted?' Therefore, there are some causes! They are magnetic causes!

**Questioner:** Can they be of the past life?

**Dadashri:** That attraction happens even though one doesn't have the desire for it, that itself is considered to be of the past life. It is magnetic for him and it is magnetic for her too. It is in a subtle form in the past life and here [in this life] it manifests in the gross form. So then one will naturally feel drawn. Now, when you get drawn, you feel, 'I got drawn.' However, once you realize the Self, you will then realize that Chandubhai [reader should substitute his/her name here] has gotten drawn.

**One has a magnetic property, and the other has an electrical body. However, a magnet will only pull an iron. It will not pull any other metal. In the same way, you get attracted to one another.**

**Questioner:** This attraction that happens, is it subject to karma or not?

**Dadashri:** The entire world is actually subject to karma, but attraction happens only when your *parmanu* and the other person's *parmanu* match.

**Questioner:** But there is the unfolding of karma in that, isn't there?

**Dadashri:** The entire world is based on the unfolding of *karma*. Everything is encompassed in this one factor, but if you divide it up, then you get drawn only when your *parmanu* are compatible with the *parmanu* of the other person, otherwise there will not be any attraction.

One person selected a fat ugly woman, then I found out that why he must have selected such a woman!

If the *parmanu* match, then immediately there is an attraction. People say, 'I will checkout the girl like this and

that.' But one will get attracted only if the *parmanu* match, otherwise there is no attraction!

**Questioner:** So, is it due to the past karmic ties, isn't it?

**Dadashri:** If we talk about past karmic ties, then this entire world is due to past karmic ties. However, getting drawn is something that happens because there is a karmic account of *parmanu* between two people! The attachment (*raag*) that arises currently is not actually attachment. If there is a pin and a magnet, and the magnet is moved back and forth this way, then the pin starts moving. There is no living entity (*jeev*) present in either of them. Nevertheless, because of the qualities of the magnet, both remain attracted. Similarly, when there are similar *parmanu* in the body, attraction happens with that very person. One has a magnetic property, and the other has an electrical body. However, a magnet will only pull an iron. It will not pull any other metal. In the same way, you get attracted to one another. One should keep awareness there. Otherwise, you will incur a loss.

If there is only attraction, then that may be okay. But it will result in an aversion. At one moment, you like it, but at the next moment, you will have a dislike. No matter how handsome the guy is, as soon as he says some ill words towards a woman [such as], 'You are dumb', then she will react, 'He called me dumb?' Which feels bitter. So, attraction is not the only thing in this world. Attraction and aversion are both there. The world is in the form of a duality. Therefore, there isn't attraction alone. There is indeed an aversion. If there is no aversion, then there is no attraction. If there is only attraction, people will get bored.



## Swami Vivekananda's Response

A young woman was greatly attracted to Swami Vivekananda's intelligence and wisdom.

She approached Swami Vivekananda and asked, "Will you marry me? I want a son as intelligent as you."

We know that Swami Vivekananda observed pure celibacy.

He humbly replied to the young woman, "Mother, why is there a need for marriage for that? Your wish can be fulfilled right now. Accept me as your son. From today, you are my mother, and I am your son!"

The woman was left speechless upon hearing this!

**If we are clear in our goals, we can find a solution to any unexpected situation that opposes our objectives.**

# Poem

Aayu vadhata ujaagar thaya chhe, thoda nava lakshan...  
Kyaank aankh padta kai nahi, vali kyaank aakarshan...

Bechen mann, chanchal tan, heen bhaav mahin, kshobh sharam...  
Lohi-maansni potlima sukh batavata, purvena bharam...

Na heetaheet bhaan na dhyey dhyaan, kevi kapri bebhani...  
Aakarshan ajgar aam j gale chhe, ketaliye yuvani...

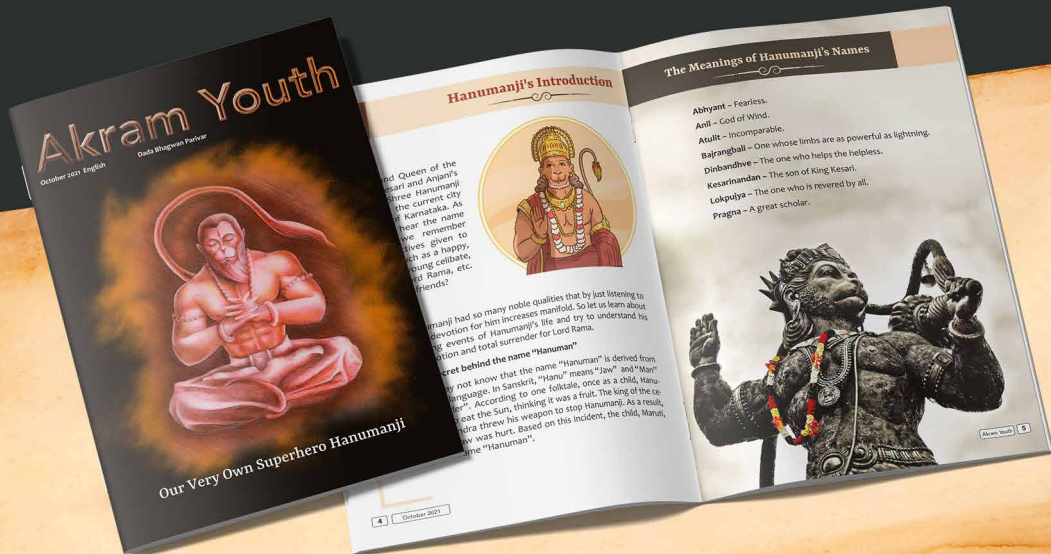
Mitho lage dosh madh chopadelu chhe, jaane chharini dhare...  
Saraltaathi e bakshe nahi, chete nahi, ene chokkas mare...

Uparthi kusangi mitro malva saral chhe, jag bajaare...  
Jene bachvu chhe, chhutvu chhe e gyanini drishtie vichaare...



By Dada's Youth

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