

Akram Youth

July 2024 English

Dada Bhagwan Parivar



Fear of Insult

Table of Contents

- 4** Progress Through Examination
- 9** What Can We Do?
- 12** Fear of Insult
- 14** Be Brave!
- 19** A Glimpse of Dadashri's Book
- 20** The Gnani, a Living Wonder

Year: 12. Issue: 3

Cont. Issue: 135

July 2024

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Printer & Published by

Dimple Mehta on behalf of
Mahavideh Foundation
Simandhar City, Adalaj - 382421.
Taluka & Dist - Gandhinagar

Owned by & Published from :

Mahavideh Foundation
Simandhar City, Adalaj - 382421.
Taluka & Dist - Gandhinagar

Printed at :

Amba Multiprint
Opp. H B Kapadiya New High School,
Chhtral-Pratappura Road,
At-Chhatral, Tal. Kalol
Dist. Gandhinagar – 382729.

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Total 24 Pages with Cover page



Editorial

When we stand on stage to speak and take the microphone in our hand, we start sweating, and our legs begin to tremble. When it comes to speaking in front of everyone, thoughts like “What will people think?” or “What if they laugh at me?” may stop us from speaking. When we are confused or want to offer a suggestion, thoughts like “What if they don’t accept it?” or “What if they don’t respond well?” make it difficult to gather our courage to speak.

Friends, you may have gone through such an experience, or you might have seen someone else go through it. Do you know what is working behind all of this? It is the fear of insult! The fear that ‘I might get insulted,’ that ‘I will be put down in front of everyone,’ prevents us from remaining normal. The fear of insult keeps us from speaking clearly. We try to cover up mistakes to maintain our good image and avoid tarnishing our impression. If someone insults us, we distance ourselves from them and feel united with those who show us respect.

In reality, behind the fear of insult, there is a strong kashay of pride at work. There is tremendous pride behind it. The fear of insult can lead to an inferiority complex, making it difficult to remain natural.

In this issue, we hope to provide an understanding of how the fear of insult works in today’s youth, where it manifests, and how to overcome it.

- Dimplebhai Mehta

Progress Through Examination



“Shreeya! Where did you get lost?” Aastha asked, shaking Shreeya’s shoulder.

Shreeya snapped out of her thoughts as if she had just woken up from a deep sleep. The school bell rang.

In this new school, Aastha was the only friend Shreeya had. Shreeya had joined the school midway through the term. She had moved to this big city with her parents just a month ago. Having grown up in a small town, all her friends were back there. When she first came to school, Shreeya was very excited. But now, after a month, she doesn’t like school at all. What happened in between?

On her first day, Shreeya went to sit next to Rahi on the bench in class, but Rahi clearly refused to let her sit there. When the teacher introduced Shreeya to the class, everyone acted disinterested and continued talking amongst themselves. During recess, when Shreeya took her lunch box and went to sit with some girls, they got up and moved to another table. Everyone was so comfortable and settled in their groups that no one seemed to care about including the new girl, Shreeya. This went on for about a week. Eventually, Shreeya started making excuses to avoid coming to school once every few days. That’s when Aastha extended a hand of friendship to her.

Even today, Shreeya didn’t want to go to school, but her parents convinced her to go because she had an oral exam. Lost in her thoughts, Shreeya was brought back to reality by Aastha’s shake. Just then, recess ended and the school bell rang. Shreeya and Aastha went back to their class.



During the oral exam, the teacher was asking questions one by one to all the students, making each of them stand up. Those who couldn't answer were given the punishment of explaining the question and answer to everyone in an upcoming class. When Shreeya's turn came, the teacher asked her a question. Just then, whispers started in the back.

Someone commented, "She joined mid-term, so she doesn't know anything!"

Another said, "Oh, leave it, she's from a small town."

A third girl added, "Look at how old-fashioned her dress is."

Rahi chimed in, "That's why I didn't let her sit with me."

Hearing all this, Shreeya became extremely upset. The teacher had no idea about the whispers going on behind Shreeya's back. He called out again, "Shreeya, where is your attention?"

Shreeya, startled by the call, trembled. The whole class started laughing. But Shreeya's eyes were filled with tears.

That day, when Shreeya reached home, she quietly went to her room. Her parents sensed that something was wrong. They went to her and Shreeya told them everything. "I don't want to go to school anymore, please!" she said, bursting into tears. Her father consoled her, explaining that such things happen in school and shouldn't be taken too seriously. However, for Shreeya, school was her entire world, so she couldn't understand how not to take it seriously.



Despite everything, Shreeya listened to her father and continued going to school. The day of her punishment for the oral exam finally arrived.

Shreeya had to explain the answer in front of the whole class. She gathered her courage and did the task very well. No one even made fun of her!

Despite this, the initial experiences had filled Shreeya's mind with fear. Even if she wanted to ask something in class, she wouldn't. What if everyone laughs at her? What if someone insults her? Even when the teacher asked questions in class, and she knew the answer, she never raised her hand to respond. Even if she needed to borrow notes from someone, she would ask Aastha to do it for her.

"Shreeya, why don't you ever speak up in class?" Aastha would ask, but Shreeya would just remain silent even with her.

One Sunday, Shreeya was at Aastha's house to do homework. It was already afternoon. Aastha's mother lovingly served them a snack. As Shreeya was about to leave, a few other youth girls started arriving at Aastha's house.

Surprised, Shreeya asked, "Aastha, do you have a tuition class at your house?"

"No, no, my mom is a coordinator. We have youth sessions at our house every Sunday," Aastha explained. "Shreeya, dear, why don't you stay for a while? Today we are watching a special video satsang," Aastha's mother said kindly. Shreeya couldn't refuse and stayed. In the beginning, they played many games and activities, which Shreeya enjoyed. Then the video started. A girl from the group asked a question.



Questioner: Niruma, Jai Sat Chit Anand! Whenever I want to do something, I feel very afraid. Even if I want to ask someone something, I feel scared thinking, “Will they like it? Will they not like it?” Because of this, I am unable to do anything.

Niruma: Remove this from your mind. This thought of “Will they like it or not?” All of this is just the intellect making you calculate and overthink. As a result, you are unable to do anything. If you feel that you need to do something, then whether they like it or not is a later concern. First, just do the task! If you start overthinking everything beforehand, then nothing will get done! So, stop thinking about whether they will like it or not. If you feel it should be done, then verify that it’s good, that there’s nothing wrong in it and that no one will be harmed. Just verify that, and then start doing it.

Questioner: When I ask someone to do something, I feel, “What if they refuse? What if they don’t like it?”

Niruma: The root cause behind this is that you have a strong fear of insult! When there is a lot of pride, there is a strong fear of insult, and this creates various fears of being insulted. That’s why you are unable to move forward! Get rid of this fear. Just say what you need to say. At least speak once! Be prepared to listen to whatever they might say in response. What’s the big deal in that? If they just say something, who are they saying it to? They are saying it to File 1. You are indeed a pure Soul! Do you understand?

Thoughts started running through Shreeya's mind. "Fear of insult? It's the fear that someone might insult me! That's why I don't speak up in class! In my old school, I was the first to answer all the questions, but here, I don't take any initiative." As she understood her weakness, she felt a different kind of peace within her. She asked Aastha, "Who is Niruma? What did she mean by File 1 And what does pure Soul mean?"

Aastha's mother heard her questions. She replied with a smile, "Shreeya, dear, when you turn eighteen, you will get answers to all these questions. But what did you like about this today?"

Shreeya said, "I liked what was said about the fear of insult. Today, I realized that I feel the same way."

Aastha's mother lovingly explained, "Shreeya, dear, no one likes taking exams, right? But it's through these exams that we advance from one grade to the next, isn't it? If there were no exams, how would we climb higher? Similarly, facing insults is like an exam; it makes us stronger, helps us overcome our weaknesses. So, when an exam comes, we should be happy. When we face insults and learn to deal with them, we gradually become immune to them. Then, nothing in the world will depress us."

As she returned home, Shreeya decided, "That's true, if I live in fear of being insulted, I won't progress in school. My parents have worked so hard to get me admitted to this prestigious school with so much hope. Instead of being afraid, I should at least try. Even during the punishment last time, no one insulted me. It's just my own fear."

After that, Shreeya started attending the youth sessions at Aastha's house every Sunday. Gradually, her fear began to disappear. Now, Shreeya has started to enjoy her school!



What do we do in the following three situations?

A

Sunny, here's your five thousand back. It was very helpful when you lent it to me that day!

Okay.
Thanks, Vicky!



When a friend returns money to us, we thank them and take it back.

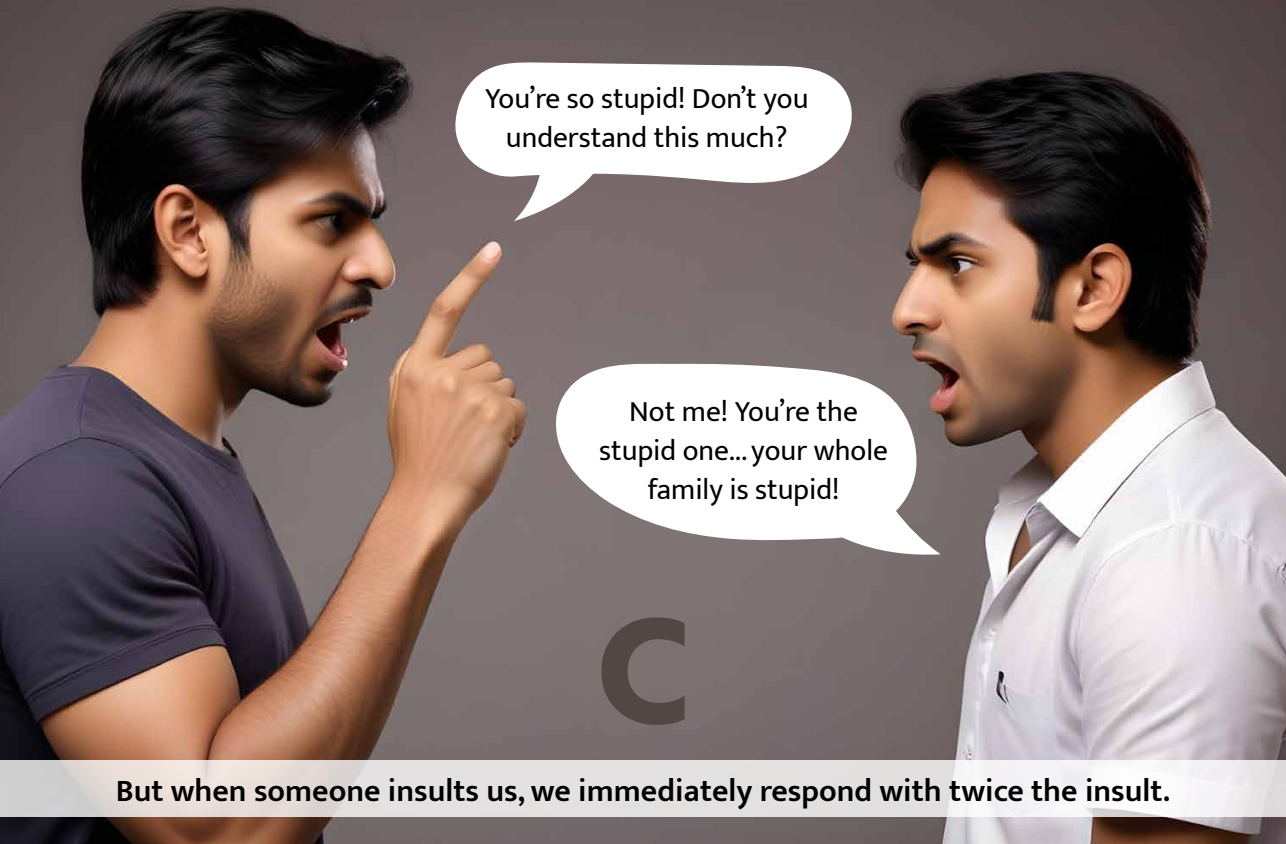
B

Here's your bowl of sugar back. We were able to serve our guests that day because of it!

It's nothing! We should help our neighbors, right?



When a neighbor returns something they borrowed, we peacefully take it back.



But when someone insults us, we immediately respond with twice the insult.

Think about it...

The rule is that whatever we have given, that will be returned to us. If we are clear about that in A and B, then why not in C?

In the following three situations, which method is correct?



Malhar has no fear of being insulted in front of others, neither does he worry about what people will think of him. He lives carefree and deliberately does not obey anyone.

His attitude of not fearing anyone causes discomfort to the people around him. Yet, it doesn't affect him at all.



Miral constantly worries about what people think of her and how she is perceived by others. To avoid any insult or negative impression, she speaks kindly to everyone and tries to remain beloved by all.



Montu: He isn't afraid of being insulted, but he also ensures that in such situations he is not arrogant and does not lose his humility. He also doesn't believe in making unnecessary efforts to maintain an image. He prefers to stay natural, normal, and speaks in a straightforward, simple manner.

Think about it...

Which of these three methods is correct? And what do we do?

Gnani With Youth





Questioner: When I did samayik on pride, I realized that I have a great fear of insult within. What should I do to resolve this?

Niruma: Do you know what Dada Bhagwan used to do?

Questioner: Please tell me!

Niruma: He would seek out situations where he might be insulted and would walk right into them. Do you understand? We tend to fear situations where we might get insulted and try to avoid them. But Dada would actively look for them! Not only that, but he even offered his friends, relatives, and loved ones that if anyone were to slap him in public, he would give them 500 rupees. And this was 80 years ago! Back then, 500 rupees would be equivalent to about 50,000 rupees today!

Questioner: So, what understanding should I establish in my mind now?

Niruma: Choose whichever of the two approaches suits you. The principle is that when an insult feels sweet and pride feels bitter, then understand that pride is on its way out. So, if someone insults us, we should internally understand that this person is our greatest benefactor! The pride that I couldn't get rid of myself through countless samayiks is now being shattered in one blow by this person. He are a great benefactor! With that understanding, pride will be destroyed in an instant.

Be Brave!



“Oh no...”

“What will happen now?”

“What if the boss finds out?”

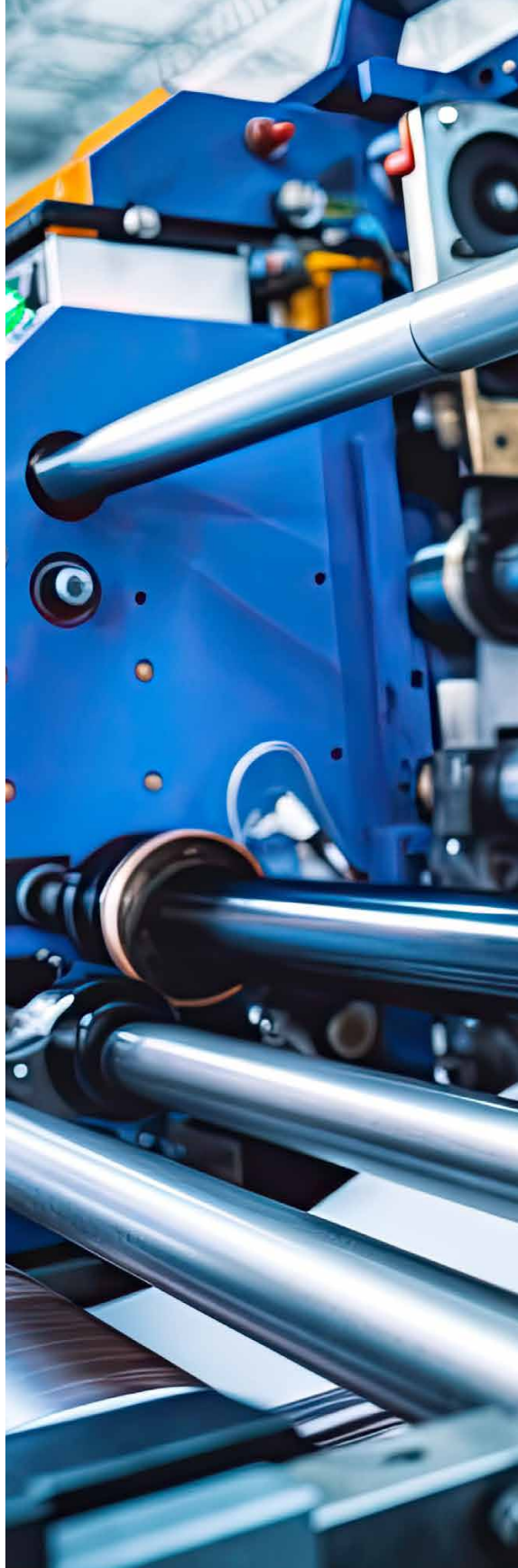
Anuj started sweating, and all sorts of thoughts began to flood his mind. He worked in quality assurance in the printing press department. It had only been about a year since he started his new job. He didn't have much experience, and now, due to a mistake, the color quality of a major order turned out to be poor. Almost the entire order had already been printed, so there was no way to change anything now. Anuj couldn't think of a solution. Just then, he saw Dev who had joined the company around the same time as him. They were friends. Dev dealt with the clients and communicated the quality requirements to the quality assurance team. Anuj was responsible for ensuring that the printing quality met the client's standards.

“Hey Anuj, what happened? Why do you look so down?” Dev asked.

“Dev, my friend, the print quality came out bad. I was supposed to keep an eye on it. Now the client is definitely going to be upset, and the boss will be angry too!” Anuj said, clearly stressed.

“Anuj, I've never seen the boss get angry at anyone. You're worrying for no reason!” Dev tried to calm him down.

“How can I not worry? What if the boss calls me into his cabin and scolds me loudly? It's a glass cabin. The sound will reach everywhere. What will other people think about me?” Anuj's





thoughts were not stopping.

“Hey bro, nothing has happened yet! Just go to the boss’s cabin and confess this mistake. Let’s see what happens after that!”

“You think it’s that easy? This year’s promotion is definitely out of the question...”

“Anuj, don’t you think you’re overthinking this?”

“No... What if I lose my job?”

“Stop it, Anuj. Just experience it once. If he scolds you, then listen to it. What’s the big deal?”

“What big deal! I don’t have a good network like you to find another job.”

“You won’t lose your job! And even if you do, I’ll help you find another one. What’s the worst that could happen? Be brave!”

“Dev, it’s easy to say, but difficult to do.”

Dev looked at Anuj for a moment. His sweaty forehead, shaky hands and legs, and the way his head was hanging low made it clear that Anuj was really scared. Dev realized that it was difficult to convince Anuj with words alone.

He grabbed Anuj by the hand and took him straight to the boss’s cabin. In just one moment, Dev took the entire blame on himself and politely said to the boss, “Sir, I need to tell you something... It was my mistake with this print order. When I conveyed the client’s requirement to Anuj, I mistakenly gave a slightly different shade of dark color than what the client wanted. I didn’t realize it at the time. I’m very sorry, sir. This won’t happen again. But what can be done now?”

For a moment, the boss didn’t say anything. Even Dev began wondering what would happen next. But after a minute, the boss said, “No problem. Anyone who works is bound to make mistakes. I’ll handle the client. I’ll talk to them and negotiate. We’ll offer a

discount on the next order. But make sure to be careful next time, Dev!”

“Yes, sir. Thank you, sir,” they said as they left the office.

Anuj was left speechless. He silently saluted both the boss for his problem-solving nature and Dev for his noble and courageous heart!

“Feeling calm now?” Dev asked Anuj as they exited the cabin.

“Yes, but Dev... Sooner or later, sir will find out that the mistake was mine and not yours. What then?”

Without a word, Dev led Anuj outside the office and onto the street. He bought some roasted peanuts wrapped in paper from a street vendor. They ate a few and then scattered the rest on the ground. Soon, pigeons gathered to peck at the seeds.

“Look!” Dev said.

“What?” Anuj asked.

“These pigeons! See how peacefully they are eating!”

“So?”

“Just watch.” With that, Dev took a piece of paper, crumpled it loudly as if setting off a firecracker, and made a loud noise. “See how they flew away at the sound of the firecracker?” Dev asked.

“Well, they got scared and flew away. What’s the big deal?” Anuj replied.

“They’ll be back soon,” Dev said, standing still and watching.

Within a short time, all the pigeons returned to eat the seeds. Dev repeated the noise, and again, the pigeons flew away. But soon, they came back to peck at the seeds again. Dev repeated the noise a third time.

But this time, only half of the pigeons flew away. The rest just flapped their wings a little but didn’t take off, continuing to eat the seeds. After a





while, the other pigeons also returned and started eating the seeds again.

Dev made a loud noise once more, but this time, none of the pigeons flew away!

“Did you see that, Anuj?” Dev asked with a smile.

“What’s there to see?” Anuj didn’t understand.

“Even pigeons are smarter than us. After experiencing something a couple of times, they stop being scared. And you, after just one experience...”

“Oh, I get it now,” Anuj said, smiling.

Suddenly, a new energy spread through Anuj’s body. His tension disappeared in an instant. He went straight to the boss’s cabin and said, “Sir, the mistake was actually mine, not Dev’s. I was afraid to tell you, so he took the blame. I’m sorry, sir. I’ll make sure to be more careful so that this doesn’t happen again.”

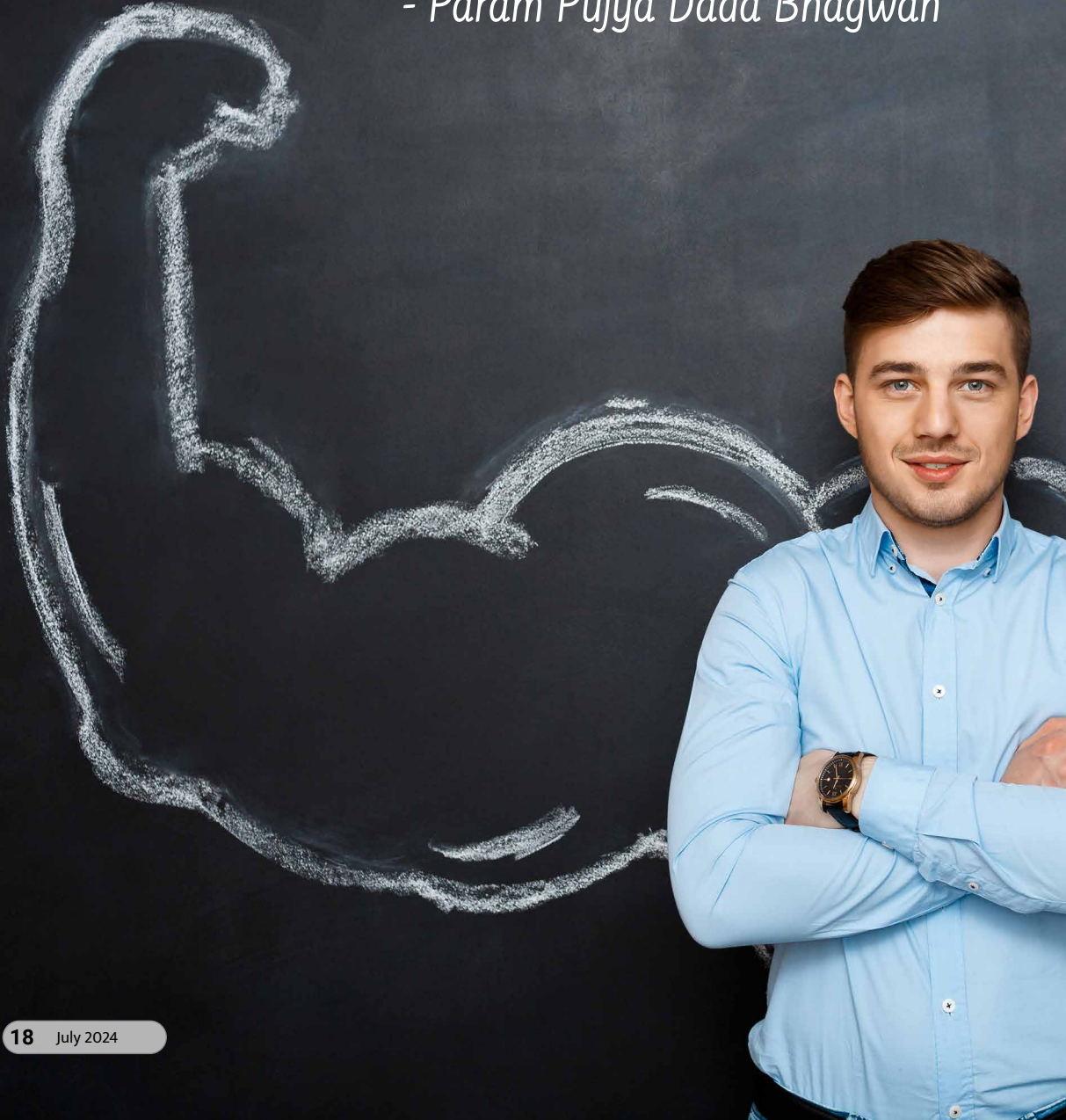
Anuj’s boss stood up from his chair, came over to him, put his hand on Anuj’s shoulder, and said with a smile, “A mistake is considered a team’s mistake, and since I am the team leader, I am the one who should take responsibility. Whether it’s you or Dev, I am equally responsible. It’s okay. I’ll handle it. But yes, next time, be more careful. And what should you be careful about? Not to be so afraid to come and tell me!”

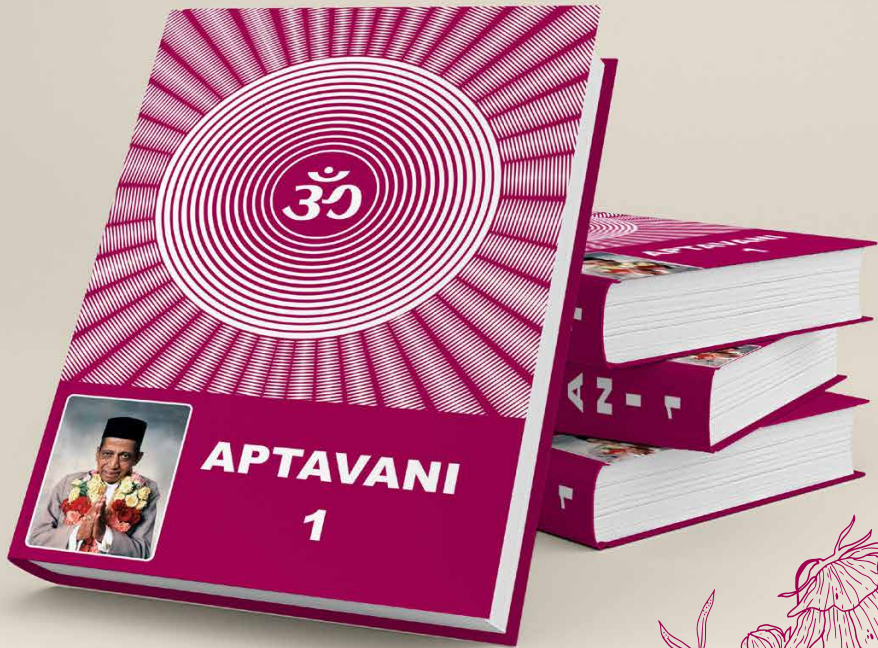
Anuj felt completely relieved and smiled. He opened the door to leave the cabin. Just then, the boss said from behind, “Anuj, remember one principle: The day you stop worrying about ‘Will I be insulted?’ is the day that there will be no one left to insult you.”

Dev was also standing near the door of the cabin. He caught Anuj’s eye. They both smiled, and without saying a word, everyone returned to their work.

*Digesting an insult is indeed
a great strength!*

- Param Pujiya Dada Bhagwan





A Glimpse of Dadashri's Book

The Account of Pride and Insult

There is a principle that says, "When the fear of insult is no longer there, no one will insult you." As long as the fear exists, the transactions continue. Once the fear is gone, the transactions end. Keep an account in your ledger for respect and insult. Whenever someone gives you respect or insult, record it in your ledger, don't let it stay as a debt. No matter how big or small of a bitter dose someone gives you, record it in your ledger. Decide that in one month, you will settle one hundred units of insult. The more you settle, the greater your profit. If you lose thirty instead of gaining seventy, then next month, you should aim to settle one hundred and thirty. Once three hundred insults are settled in your ledger, the fear of insult will disappear. After that, you will have overcome the fear of insult. Start keeping this ledger from the first of the month. Can you do this or not?



The Gnani, a Living Wonder

Friends, Pujyashree Deepakbhai often tells us to digest insults with Gnan, because he himself has experienced and overcome such situations.

There was a time in Pujyashree's life when, despite receiving insults from the outside, he could not react to them. What did he do in those situations? What key did Param Pujya Dada Bhagwan give him? And what was the outcome? Let's read.

From Dadavani, December 2023:

“Worldly people may not take on their mind certain things that hurt their pride. They may be able to do that. But we must take it upon ourselves to handle it. Remaining as the Knower and Seer is what it means to take it upon ourselves. We must take it upon ourselves! And the moment our pride is challenged, that's when we can resolve it.

This person, when someone insults him, it's like a barrier falls over his mind. But I say, 'Don't let the barrier fall over your mind. This is an opportunity.'”

Pujyashree: This talk was about me. When I cannot tolerate an insult and cannot become aggressive either, then... I can't react... I just shut down. I don't even think about taking revenge. I just become indifferent. It's as if I ignore it and pretend it doesn't exist.

Not exactly ignore it, but since I am not able to endure it... It's just that the insult becomes like a firecracker going off in my head and I can't bear it. I close my eyes so to speak, sit quietly, and can neither move forward nor respond; I just stand still with my eyes shut. This creates a state of confusion in the mind. Then I think, what was the person trying to say? Which words did they use? Why did they say it? What was their reason? How should I respond? All of this should be absorbed within. Keep it in Gnan. But if the mind completely shuts down, then it stops bearing it and ends up shutting down entirely.

Questioner: So, it's like ignoring it.

Pujyashree: Yes, it becomes like ignoring it. And then, in interactions, when the person keeps talking and you don't respond, they get frustrated. They might think, "This person is mute, dumb, not responding!" They get angrier and more agitated. They don't understand that you're not responding because of your inability to bear it and because you're confused.

So instead of taking it all upon yourself, you should respond by saying, "Yes, what are you saying? Yes, I will definitely pay attention." Listen, understand, and then adjust to their point of view, and solve the issue.

But Dada found that this is what happens to me. Then, he showed all the ways to stay separate. Slowly, slowly, normality will come, and it did come.





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Poem

Vyaktine ghano bhay laage apmaan...
Mahi santayela maannu che kaarastan...

Ene shu laagshe? Ne maaru kevu dekhashe?
Buddhi maan saachave che aava prayase...

Apmaan jamaa karta pura thay bhandaar...
Maan saachavsho to chootshe nahi lagaar...

Mate apmaanni jagya to upkaari che...
Maanni nablai tenathij janaari che...

Maan laage kadvu tyare aa rog kapay...
Ne dar apmaanno pan pachij jaay...

Gnan rasto che ane Gnani tena bhomiya...
Pachaal chalya te maan-vijay pamyaa...



By Dada's Youth

Year: 12, Issue: 3
Cont. Issue: 135
July 2024

Date of Publication 22nd of every month
RNI No. GUJENG/2013/53112

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Send your suggestions and feedback at: akramyouth@dadabhagwan.org
Publisher, Printer & Editor - Dimple Mehta on Behalf of Mahavideh Foundation
Printed at Amba Multiprint, Opp. H B Kapadiya New High School, Chhtral-Pratappura Road,
At-Chhatral, Tal. Kalol, Dist. Gandhinagar – 382729.