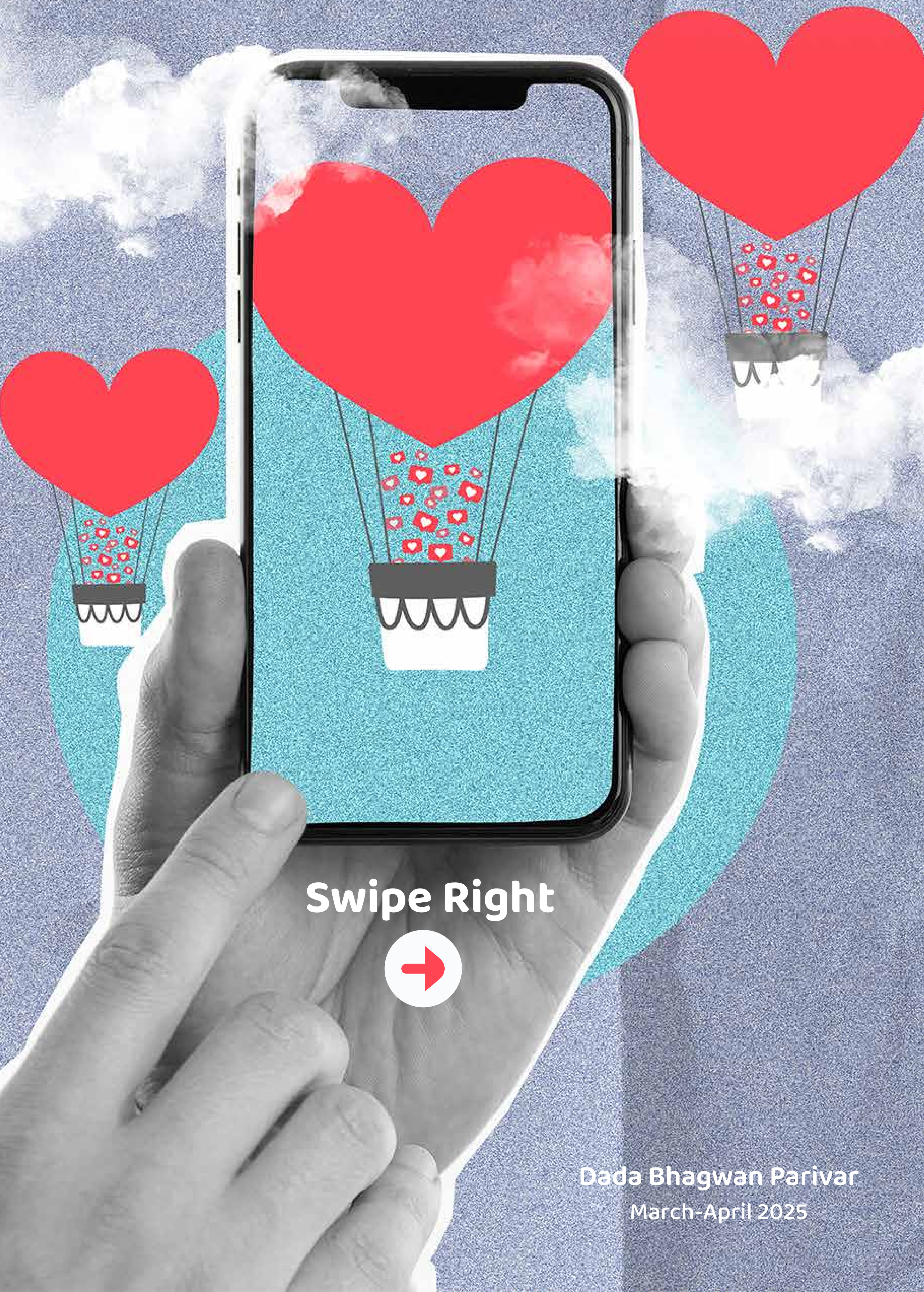
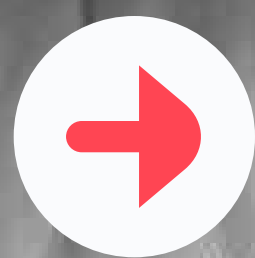


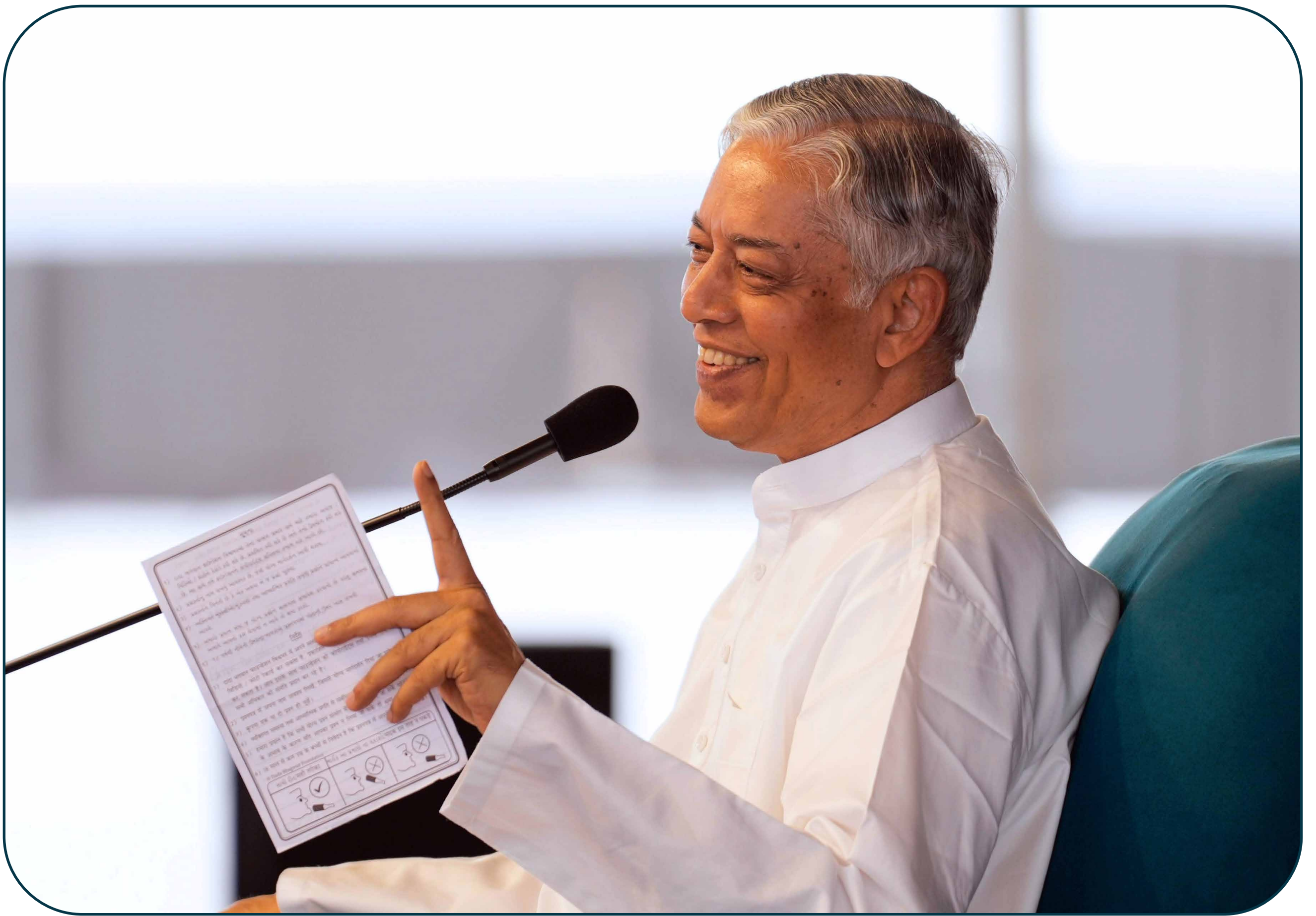
Akram Youth



Swipe Right



Dada Bhagwan Parivar
March-April 2025



Editorial

“Swipe Right” is something you probably already know about, right? These days, it’s the most popular feature on most dating apps!

But what exactly is dating? How do we define it? Is it having a girlfriend or boyfriend, talking on the phone for hours, meeting each other, spending time together, going out, watching movies, studying together? Is all of that considered dating, or is there something more to it? Do people date with the commitment to eventually marry, or do they just date for fun? Then, if a breakup happens and it disturbs you in every way, what about that?

Young people today don’t seem to get guidance on what the right age is for dating, whether it’s beneficial or harmful, and what mindset one should have if they decide to date.

This edition is an attempt to offer clear, truthful guidance from knowledgeable voices to today’s youth, who are caught up in the “Swipe Left” and “Swipe Right” craze. Prayers that this issue will guide our youth in the right direction.

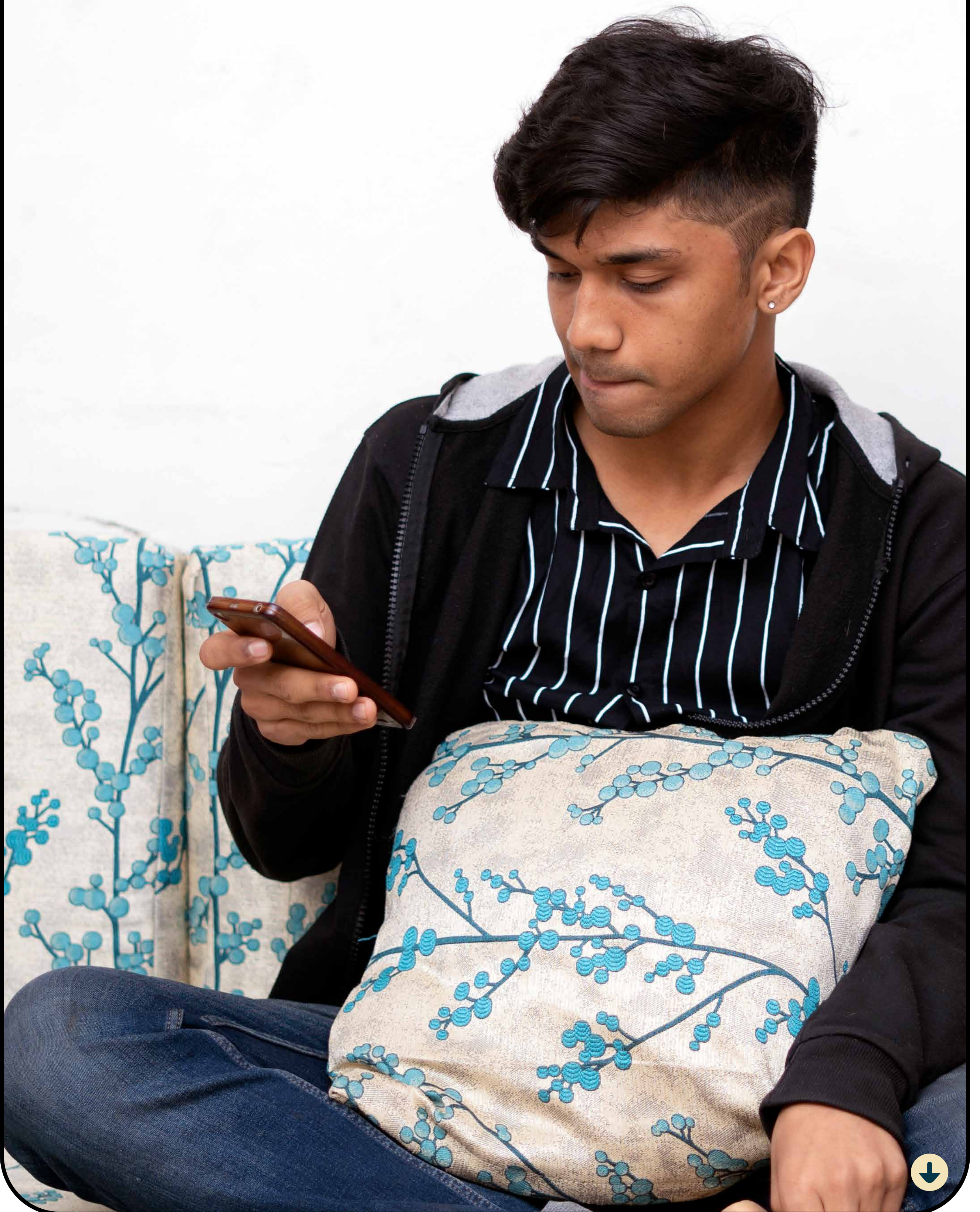
- **Dimplebhai Mehta**



What's Wrong **With That?**

"Vihaan dear.. Please fetch two coconuts. There's a Ganesh Puja this evening. And, is your kurta ironed?" Mom shouted from the kitchen.

Vihaan was busy swiping left and right on his phone. His mom's words went straight in one ear and out the other.





“He surely won’t iron it himself! Here, Vihaan, I’ve ironed your traditional dress. Please, don’t show up in jeans and that hoodie again at the puja!” Dad said, causing Vihaan to look up from his phone, slightly irritated.

“Oh, come on, Dad! Jeans and T-shirts are so comfortable, you know? This kurta is so long, and the pants are tight. I don’t like wearing it!”

“Vihaan dear... no arguing about your attire for the puja. These are our values, and you must respect them,” Mom asserted firmly.

“Values... values! You always make me do things you like in the name of values!” Vihaan muttered, annoyed, as he got up and walked to his room.

“Vihaan doesn’t listen these days, always buried in his phone. He’s at that age. I worry that he might get involved in something bad,” Mom whispered to Dad.

“I trust our values, but these times are unpredictable. You never know what college kids are up to! You keep an eye on him,” Dad responded quietly.

“You’re his father; you do something!” Mom insisted.

Hesitantly, Dad went to Vihaan’s room. Vihaan, who had been lying on the bed, immediately sat up and put away his phone.



“Vihaan, how are your studies going?” Dad asked gently.

Vihaan shrugged, “Okay.” He wondered why Dad was suddenly making small talk.

Dad continued, “Son, at your age, we didn’t have phones. Just my older brother and me, and our father was so strict. Once, he saw my brother with a girl, and by evening, there was quite a scene! But now, I realize it was his duty, and we’ve never gone against his values. Eventually, we even married with his approval.”

“Dad, why are you telling me all this...?” Vihaan interrupted impatiently.

“Just to say, Vihaan, you’re at an age where dating and all that isn’t appropriate. If you like someone, tell me openly. We’ll discuss marriage when the time is right. Focus on your studies for now.”

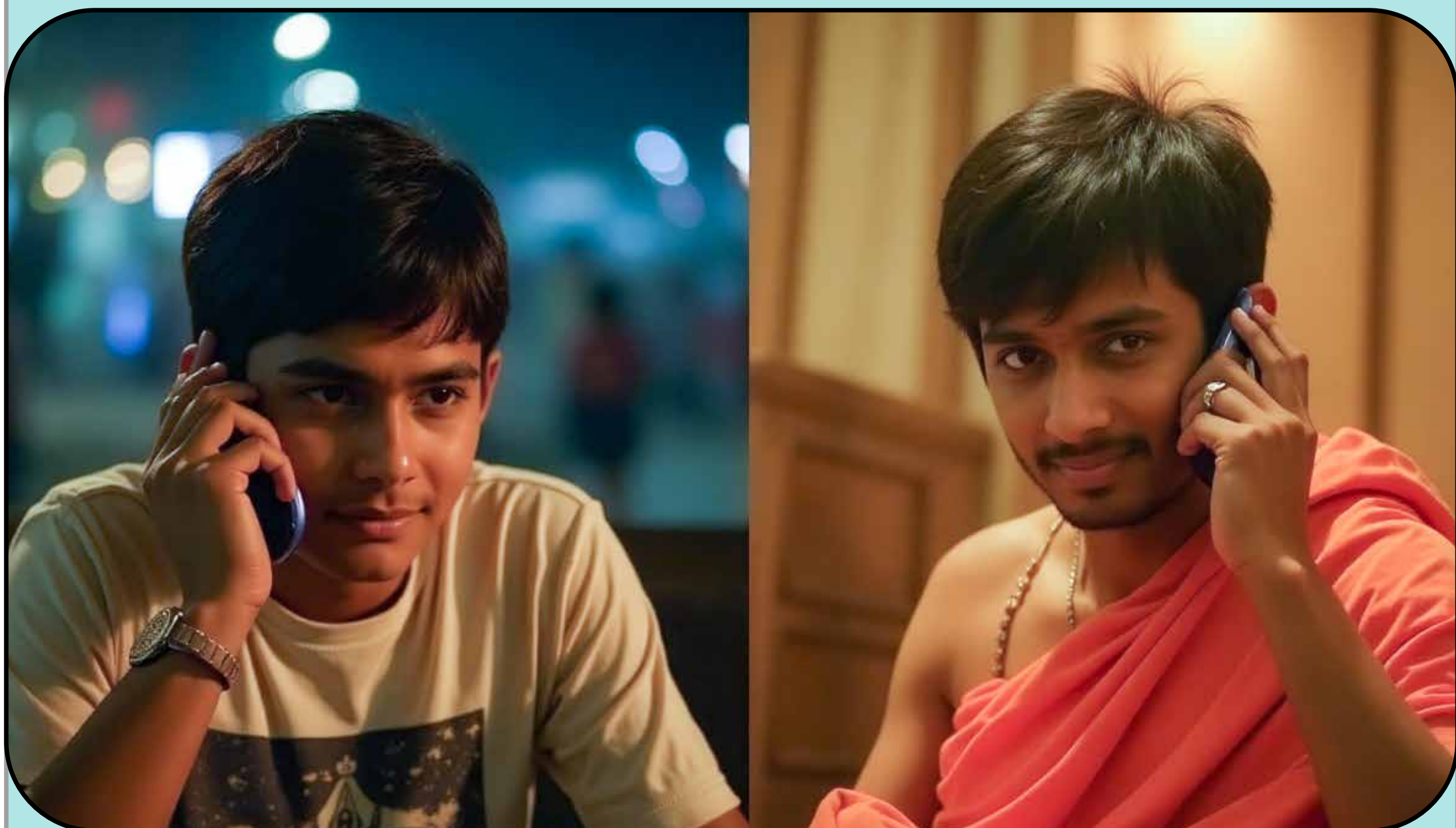
“What’s wrong with my studies? Everything’s fine! And marriage? Come on, Dad! You can’t marry someone without knowing them properly!” Vihaan snapped back.

Dad hesitated, unsure how to proceed, so he jokingly remarked, “It takes a lifetime to know someone properly, Vihaan! I still haven’t fully understood your mom!” Dad laughed heartily, easing the tension.



Vihaan also laughed lightly, calming the moment.

As soon as Dad left, Vihaan called his friend Kabir.



"Kabir... listen... it's not happening! Dad is like a CCTV camera! He keeps tabs on where I go, whom I meet, everything!"

"How do you know?" Kabir asked.

"Dad just came and told me, 'If you have a girlfriend, let me know!' How does he know, man?" Vihaan exclaimed.

"Maybe he saw you swiping left and right on your phone," Kabir reasoned.

"No way. I never open the app in front of him," Vihaan confidently said.

"Then maybe he saw you talking to Shalvi," Kabir suggested.

"Kabir, I only meet Shalvi at cafes, just to chat! I like her, but we hang out as friends. Why would Dad ask about all this? Do I need his permission now?" Vihaan vented in frustration.

"Vihaan, I get it, but..." Kabir was about to speak when Vihaan cut him off.

"I don't understand. I'm grown up. What's wrong with meeting or dating a girl? Everyone does that. When will these old-fashioned parents understand?" Vihaan continued venting.

"Forget it, man! Do this. Come over. There's a great place we can go to. Come and you'll get relaxed," Kabir suggested calmly.

Vihaan liked this idea, hung up, got ready, and headed out. Loudly,



he announced to his parents, "I'm going out with Kabir. Please don't follow me."

Once at Kabir's house, they quickly set off on his bike, parking under a building. On the first floor, outside an apartment, many shoes were lined up. Kabir guided Vihaan inside, holding his hand. Vihaan saw many youngsters of their age talking together. As Vihaan was heading towards the back of the hall to find a seat, Kabir grabbed him and took him to the front.



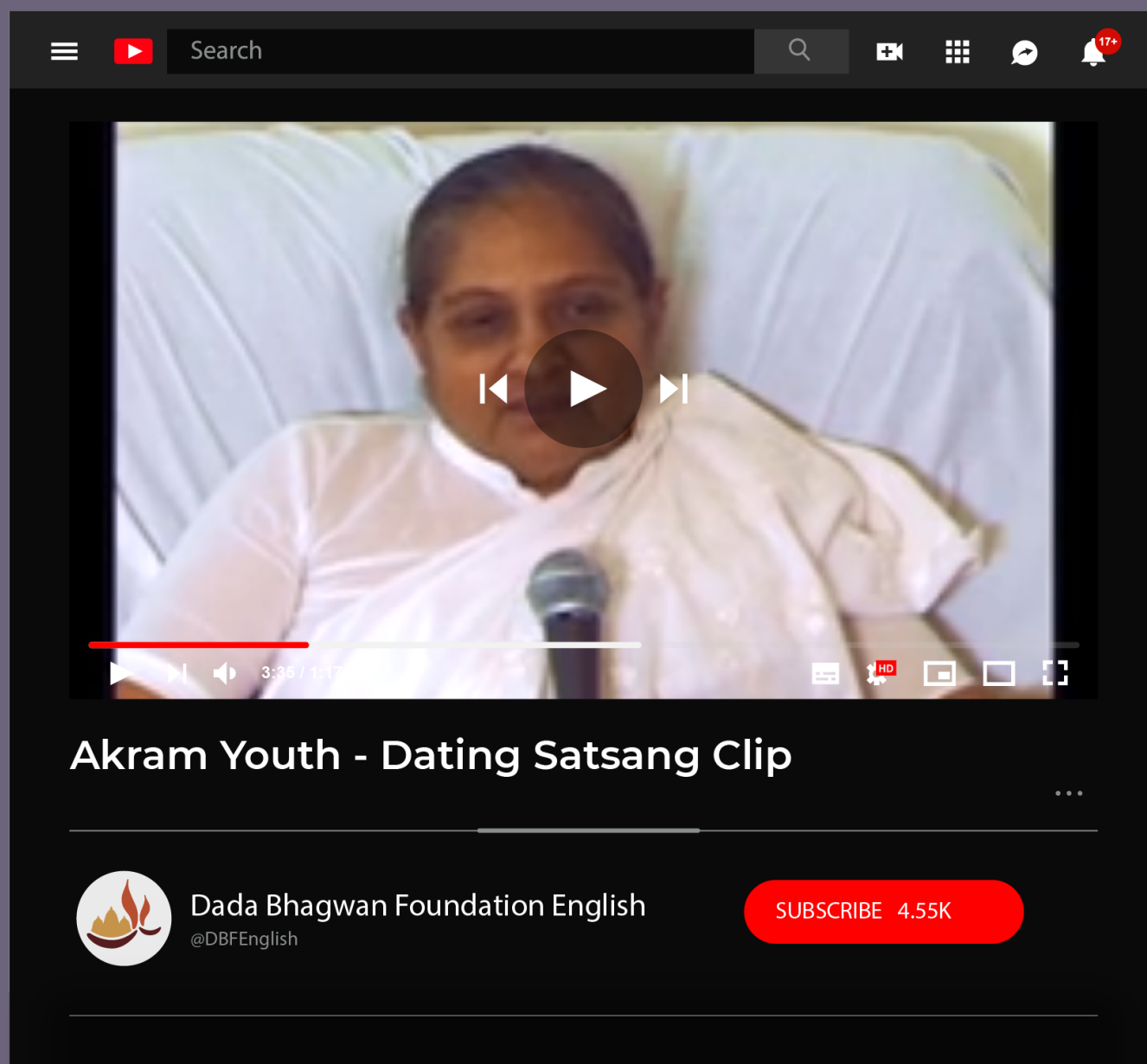
"What is this place?" Vihaan whispered.

"Youth camp, with Niruma," Kabir replied, signalling Vihaan to stay quiet.

Vihaan listened carefully as a boy asked Niruma a question, which immediately caught his interest.



Gnani with Youth



(Friends, this Satsang is done in English by Niruma. You can either read it, or you can watch the video by clicking the link below.

<https://youtu.be/8EAJELEFDLU>

Questioner: I have a question. Is it bad to date? Is there a problem with dating?

Niruma: Tell me, what is the correct definition of dating?

Questioner: I completely understand that we want to create as few karmic seeds as possible, but maybe through dating, we can also bind good karma at the same time.

Niruma: First, be clear with me. What is the meaning of dating? What do people do while dating?

Questioner: Strictly like friendship, like a relationship, you know?

Niruma: Okay, friendship, only friendship, and clean friendship. But do they keep it a clean friendship, or do they go further? That is the main point. If it's a clean friendship, it's okay. But if it is not a clean friendship, then you are not sticking to the definition of dating.

What happens is, suppose you are dating one girl now. After six months, you date another. You leave the first one, then you start with a second, then a third and fourth, and this cycle continues. You are toying with the girl's emotions and attachments, or you get upset when you leave one girl, and that is why you go to another girl. What's the purpose of all this?

I don't think you need that kind of dating. At your young age, you need to study. If you have a girlfriend, stick to one; that's sufficient! And then marry that girl; that is okay. But just changing girlfriends for the sake of fun, that's not right.



Questioner: Are there any negative effects of doing this, in terms of karma? And does it affect our next life?

Niruma: Yes, definitely. Suppose you leave one girl after having a full relationship with her. She will feel terrible, she will be hurt, she will cry, "Oh, he left me, now what will I do?" That binds bad karma, very bad karma. I have seen many girls go into deep depression when these types of friendships end.

Why do all this? Of course, if you want a friend, keep one friend, but maintain that friendship until the end; don't keep changing. It shouldn't be like this: you like one girl, then leave her, then go with a second, then leave her. We are not animals like cows and dogs!

Kabir, did you knowingly bring me here?

Yeah, but I swear, I had no idea we'd get this kind of question today!

Can everyone really ask such things so openly? Can you trust them?

Yeah... more than anyone!

Hearing the boy's next question, Vihaan turned his attention towards him.

Questioner: So, are you saying that if I meet (date) a girl, then she should be the only girl I marry, and I should not meet any other girls?

Niruma: Yes, that's what I said. Don't hurt anybody. And don't be in a hurry. Just maintain a friendship. And this is not the age, 19 years old. This is not the age to find a girl for marriage and this and that. Just have normal conversations and good friendship, nothing more than that. No touching business, just as a friend. A friend means only a friend. That much friendship is allowed, not more than that. Don't take this the wrong way, that Niruma has allowed friendship, so we will do whatever we want. Many misuse [this advice]. There should only be friendship. What is friendship? Just friendship, that's it. Nothing more than that. No touching, nothing else. No talking when you two are alone. Just stay in a group of friends. That's okay. If you know that this girl is





going to leave you after one or two years, and then you just enjoy her company, what's the point in it?

Questioner: That's not possible, Niruma.

Niruma: What's not possible?

Questioner: Friendship without touching.

Niruma: Then, it's not a true friendship; it's not a clean friendship. No, this is like fire and petrol. How can you keep them together? So, it's better that you pay full attention to your studies, work hard for that, and make your career. If you get into girlfriends and all that... There's still plenty of time for that. Don't do all that now. Do it later. Otherwise, you'll spoil your career, you will get hurt, and she will also get hurt, unnecessarily increasing your files before time.

Questioner: But actually, when we are in school, we see everyone doing the same thing, dating. Psychologically, we are affected, and we also feel that we should do the same. What suggestions do you have for that?

Niruma: But boys can befriend other boys, and girls can befriend other girls, but only friendship, clean friendship. I also had friends, but they were just friends, for to talk to.

Questioner: Everyone has girlfriends in school.

Niruma: But what do you do with girlfriends in school? I don't understand.

Questioner: We talk.

Niruma: And then you say it's a clean friendship. [To another boy] What do you say, do you have girlfriends?

Questioner: I don't date.

Niruma: Not yet.

Questioner: I talk to them. I talk to girls, but I don't kiss them or anything. I talk to girls, but I don't date them.

Niruma: If you start kissing, your studies will be missing! Yes, you can talk. We don't say no to that. You can have friends, but just be friends, nothing more than that.



Hahaha, Niruma is so funny!

That's why anyone can easily talk with her.

Okay, I got your point. But still, to get to know someone, you have to meet them, right?

Before Kabir could say anything, that boy asked Vihaan's question directly to Niruma.

Questioner: Okay. But many times, having a relationship [with a girl], you get to learn so much about life. You get to learn how relationships work, and for a happy marriage, all that is necessary. Just to experience it. Just for conversational interaction, just a relationship. I'm not talking about anything more than that. Just in the context of conversation, I'm asking. How you get along with each other, and how to deal with each other.

Niruma: Don't you learn from your parents how they maintain their relationship?

Questioner: No, but I know that how my parents' generation was and how it will be for me are completely different.

Niruma: But, this is not the right time for you to have those experiences. Just study. This is the time for studying. When you are 24-25 years old, then decide to get married. So, until the age of 25, your time is meant for studying. [And then] six months or a year is enough for experiencing all this. Why are you wasting the time that should be used for studying? And if you experience one girl, and then you will say, "This girl is not good. Now I will get another girlfriend." Is there any end to this? If you date after finishing your studies...

Questioner: Yes, after finishing my studies.

Niruma: Yes, when your studies are finished, and you are ready to marry, then start looking for a match. And if you find someone, then date her. Once you date a girl, and you like her... If you like her, that's fine, but don't touch her. If you like her, you understand her, you get to know her well, then marry that same girl. Do you understand this?

Questioner: I don't know. I can't say. Let's forget it.

Niruma: You can't understand her without touching her? You have to understand her thoughts, her preferences.



Questioner: But how do I know if I like that girl or not without touching?

Niruma: That's how you can truly understand each other. If there is no physical relationship between you two, then there will be true love. Otherwise, it will only be physical attraction. These are two different things. Physical attraction will be very short-lived, and when you understand her, you know her nature, her hobbies, her affection, her loving nature, all these things; this is much more important than physical touch or preference.

Questioner: You all say that there should be no physical relationship before marriage because we have to stay pure.

Niruma: Yes, that's right.

Questioner: But during teenage years, it's almost impossible to find a partner who hasn't had any interaction with boys before or hasn't dated. I'm not joking; I'm serious.

Oh, that's a new point for me!
Is this boy an NRI?

Before Kabir answers
him, Niruma talks to
the boy.

Niruma: Look, even though you live in America, don't forget that you are Indian. Your culture is Indian and...

Questioner: No, no, I'm talking about Indian girls.

Niruma: Someone just said that this is not India. What for?

Questioner: I mean, it's difficult to find a person before marriage who hasn't dated someone else before. If I get a partner, and she has dated someone before, how can I get a pure partner? Even in India, everything is becoming more westernized. I watch Bollywood movies, and they are doing so many things that we see in [Western] movies, and people are influenced by that.

Niruma: No, but if you are pure, you will definitely get a pure girl; that's the law of vyavasthit shakti (scientific circumstantial evidence). If you are pure and you want a pure partner, you will definitely get a pure partner; that's a fact.

Here [in satsang] also, there are many boys and girls; they are





really pure. They have certain moral and cultural values. You will definitely get a pure partner. And it is such that, a pure girl will prefer to have a pure boy, and a pure boy will prefer to have a pure girl. So, they won't match with other boys and girls. So, then it will happen; vyavasthit shakti will bring them together.

So, when you want a girlfriend or a boyfriend... after you finish your studies, look for a match, and stay in touch with that girl. Not that touching kind of touch, okay! Try to understand her. She may try to understand you. Give yourselves some time. Nowadays, there are emails, chat boxes, and other media, so there's no question of touching. And when you feel that your thoughts match, you can appreciate each other. You will have affection for each other and each other's families. If everything is good, then go ahead with that friendship. And once you start a friendship, you should stick to that friendship. And if you like that girl, and you want to get married, then you should only marry her. But no crossing boundaries before marriage.

Questioner: How can we become strong in this matter?

Niruma: Be strong; it's possible. You are a human, not an animal. You are human; humans have this much power. And divert all your attention, your chit, to your studies and building your career. That will make a lot of difference. Another important thing about friends is that you should be very selective about your friends. Their thinking should match yours. If your friends are weak [in character], then you will also become weak.

Questioner: And if I have dated before, what should I do now?

Niruma: Stop it, and decide that you will not do it again. Pay attention to your studies, and wait until the right time comes to get married.

Questioner: One thing I've noticed is that when I'm dating someone, my concentration completely disappears. What's the reason for that?



Niruma: That's how it is! When you sit down to study, you will see that girl's face on the page of the book, her talking to you, smiling at you, flirting with you. You will imagine such things. That's what happens.

Questioner: But if I marry a girl who is pure, and I have dated before, is that my fault?

Niruma: No, just before you get married, tell the girl you are going to marry that this was the case in your life, and if she still likes you, then you can go ahead and get married. Be open, don't hide anything. Then it's fine.

Hmm... Thanks, Kabir.

I got a new insight. This is something worth thinking about.

Great! Do you want to leave or stay longer?

I'll stay. There's a unique sense of peace here!

For what?

In satsang, Vihaan and Kabir were getting answers to many of life's questions.





**An insincere
life is a
wild life**

- Param Pujya Dadashri





Youth Experience

I was nineteen. At a young age, new to college, a brand new circle of friends. Life was buzzing with excitement. In college, I had friends who were both boys and girls. Studying together, going out, watching movies, eating at restaurants. That was my normal life.

There was a guy in my friend circle. Whenever we would talk, he'd silently take note of everything I shared. My choices, my likes; without me even noticing. Later, he'd always do things exactly as I preferred. Not only that, he even came home and built a good relationship with my parents. Slowly, I realized that he wanted more than friendship and I even began to like it.

It began with long conversations on the phone. Then, slowly, we started meeting alone. My parents were open-minded, but I was still young. If they found out I had a boyfriend, they wouldn't approve. So, out of fear of getting caught, I made one excuse or another to leave the house and meet him. At that time, practically everyone in my friend circle was dating secretly. I felt, 'Everyone's dating, so what's wrong with it? I'm already eighteen, so it's not illegal!' My friends supported me, which made secret meetings even easier. That's how we enjoyed ourselves for about a year and a half to two years. Neither of us had any plans to get married. We dated simply because we liked meeting each other. People say that dating at a young age can ruin your studies, but I felt it didn't affect my studies at all.

Then one day, I found out he had another girlfriend besides me! It felt like the ground slipped from under my feet. At that time, all of

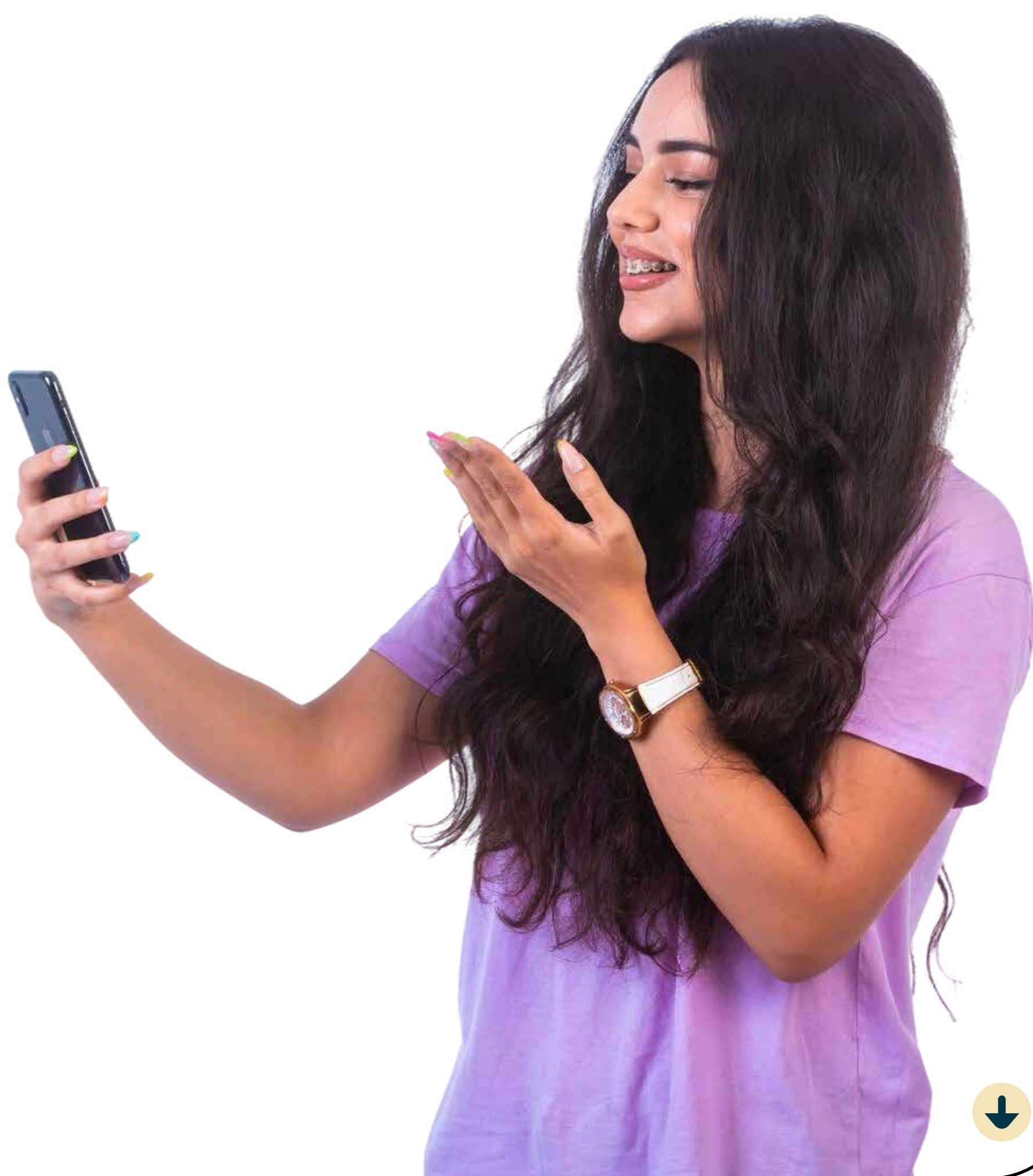


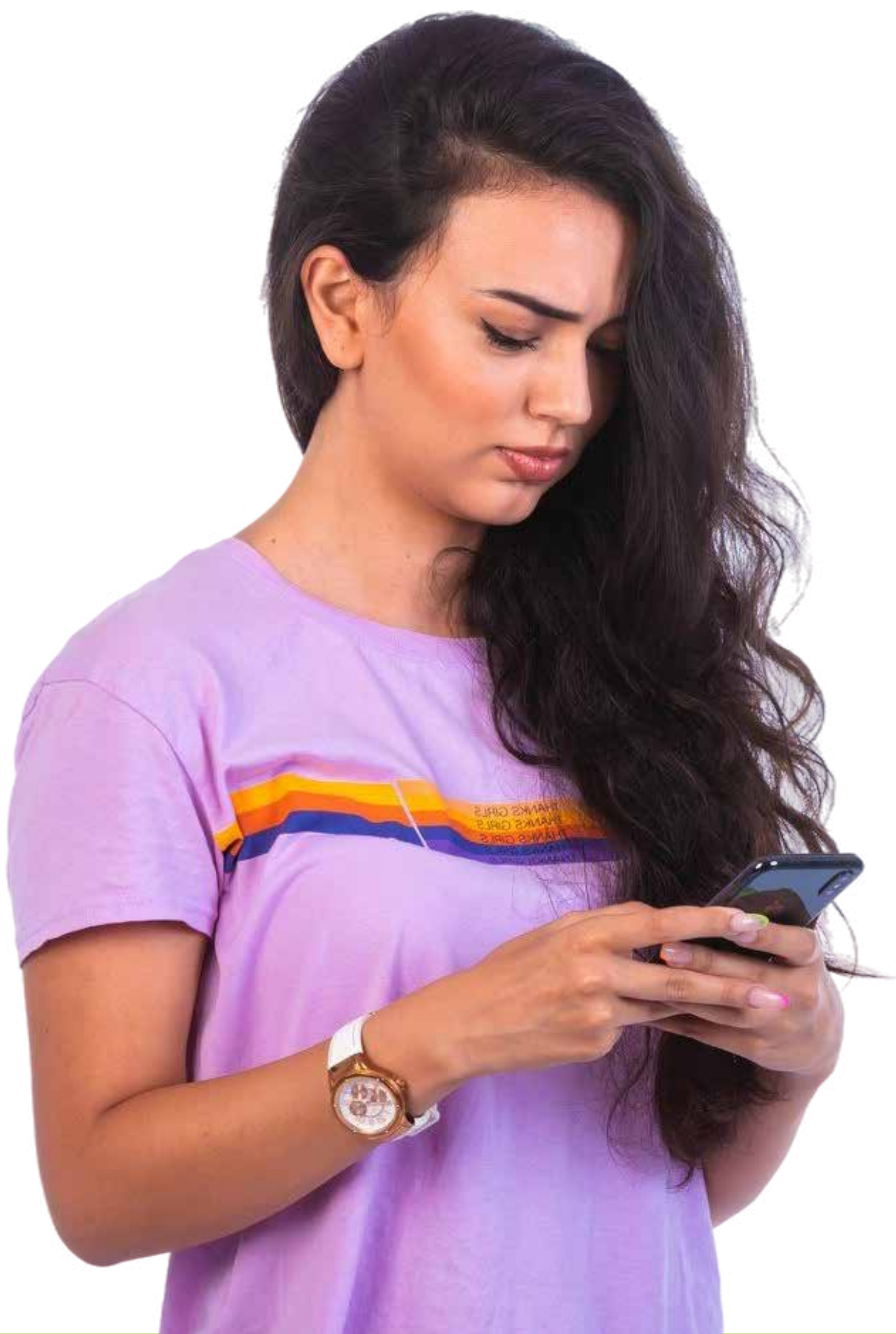
our mutual friends took his side. None of them stood by me. That's when I realized the kind of friend circle I had chosen. In fact, I wasn't betrayed by just one person; I was betrayed by the entire group!

What happened was that my childhood friends had all gone away for further studies and scattered. I was left alone, and that's when I became friends with this group. In that same group was a girl I considered my best friend, but after my breakup, she started dating that same boy. I was foolish too, because I witnessed some of his behavior right in front of my eyes, but never really noticed it. He would stay out all night, smoke with friends, ignore his parents, and flirt with other girls. Yet I placed my trust in him. I still don't understand how I managed to do that.

I was devastated. Even though we hadn't thought about marriage, I was very emotionally attached to him. I spent day and night crying. Initially, I was furious, but then I realized it was my mistake too. I had believed that no one would cheat on a smart and good-looking girl like me, but reality proved otherwise. I came to understand that going out to date at such a young age was itself my mistake. I wasn't meeting him with a commitment to marriage, so how could I expect the same from him? My studies and my career both started to suffer. Even today, I tremble when I recall those days. But that chapter ended, and nearly two years later, another storm hit my life.

A little while after that, some hidden cards of mine ended up in





my mother's hands, and my family found out that I had been secretly meeting a boyfriend. By then, I was no longer in a relationship with him, but I got caught for what I had done secretly in the past. My parents were extremely shocked to learn I had been going out with a boyfriend behind their backs. Initially, they were angry, because they had raised me with good values and I had betrayed them. I realized my mistake and felt deeply ashamed. I didn't have the courage to speak, so I wrote a letter asking for forgiveness and explained how he had cheated me. The guilt of having lied to my parents sank me deeper into depression. My final exams were approaching, yet I couldn't focus on my studies.

What surprised me was that my parents quickly returned to normal. In fact, once I apologized, their love for me seemed to grow stronger. If I felt depressed, they would say, "What happened has happened, just don't repeat this mistake." They took such good care of me. I can't even explain how much. That's when I realized that only your family can truly accept you with all your mistakes. It dawned on me that, in this whole world, your parents are really the only ones who are yours. Nobody else truly cares about your best interests. After that, I decided that for the rest of my life, I would never betray my parents or hide anything from them again.



A Glimpse of Dadashri's Book



Questioner: Is dating a sin? When girls and boys go out together, is it a sin? Is there anything wrong with it?

Dadashri: Yes. If you feel like going out with boys, then you should get married. You should decide on just one boy and stick to him. Until you get married, you should not involve yourself with any boys.

Questioner: In America and England, when boys and girls turn fourteen years old, they begin dating. If they like someone, they will continue dating each other and their relationship will progress. Sometimes after they have been dating for a long time, they will separate because something goes wrong or they stop liking each other. Then they will start dating someone else, and if that does not work out, they will date someone else. Everything just moves around in circles, and sometimes they date more than two or three people at the same time.

Dadashri: That is all wildness. That is a wild life.

Questioner: Then what should they do?





Dadashri: There should be sincerity and a commitment to just one person. Your life should be like this. A boy should be sincere to just one girl and vice versa. An insincere life is wrong.

Questioner: How can a person remain sincere if the other person changes and becomes insincere?

Dadashri: Then stop dating altogether. Get married. After all, we are humans, not uncivilized! After marriage, you should live sincerely with each other. If you want to live sincerely, then you should not be involved with any other boy from the very beginning. You should be very strict in this matter. If you want to date someone, do so with the idea in your mind that you will marry him. Tell your parents that you have decided to marry him and no one else. An insincere life is a wild life.



Poem

Baalpan mookhee jyaare ummar bhaage chhe...
Aaju-baajoo badhun e jovaa laage chhe...

Kyank kok vaat kare chhe smail daeene...
Kaan koine adee leedhun haaifaai daeene...

Badhun joyun, joyunne kadaach meethun laagyun...
Man aapanun pan, e baajun bhaagyun...

Vaato chaalun thatee bas dostee kaheene...
Cheet bhamatun, fotaa dekhaataan rahee raheene...

Pachhee adaadee, maryaadaa tode saghalee...
Faree beeje vaat thaay, pelee mookhee padtee...

Apeksha ne ver tanaa bhaare karm bandhan...
Kusang sangamaan male naheen gyaan chandan...

Gandhaataa shareer paachhal aa kevadee khot?
Jaanavar jevun jeevan, badee bhaare chot...

