

Akram Express

Akram Express List 2008 to 2018



2008

Dec-09 Tour to Dadanagar

2010

Jan-10 The importance of asking for forgiveness
Feb-10 From negativity to positivity
Mar-10 Exams again!
Apr-10 Opinions are like eyeglasses
May-10 Holidays 'R' Fundays
Jun-10 Comparison results in jealousy
Jul-10 Nobility
Aug-10 Demerit-merit karma
Sep-10 Why so?
Oct-10 The cycle of four life forms
Nov-10 The science of inner intent
Dec-10 The saga of 'dislikes'

2009

Jan-09 Sulking....joy or punishment?
Feb-09 Pride
Mar-09 Pure Love
Apr-09 Avoid Clashes
May-09 Adjust Everywhere
Jun-09 Risks of Teasing
Jul-09 The Obligations of parents
Aug-09 Anger
Sep-09 Miracle
Oct-09 Hurrey! Holidays 'R' fundays
Nov-09 Fear
Dec-09 Should we hurt others ?

2011

Jan-11 Bye Bye 2010
Feb-11 Obstructions
Mar-11 Bye Bye' to the habit of lying
Apr-11 Stealing
May-11 Holidays 'R' Fundays
Jun-11 Violence
Jul-11 To side with your mistakes
Aug-11 Humility
Sep-11 Resolving complaints with right understanding
Oct-11 How much television should one watch?
Nov-11 Selfless Service
Dec-11 Nishpakshpati Trimandir

2012

Jan-12 Beware of Kusang
Feb-12 I'll see you
Mar-12 Beloved Niruma
Apr-12 Pratikraman
May-12 Holidays are Fundays
Jun-12 Store of Happiness
Jul-12 Not on Speaking Terms
Aug-12 Sincerity
Sep-12 Complaints ? No, Adjust
Oct-12 Copy cat
Nov-12 The Bad Habit of Finding Faults In Others
Dec-12 Obstnacy, Straightforwardness

2013

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|--------|--|
| Jan-13 | GuruKrupa |
| Feb-13 | Avoid Boredom |
| Mar-13 | The-Power-of-Determination.... |
| Apr-13 | Prayers to the Inner Pure Soul |
| May-13 | Holidays are fun!!! |
| Jun-13 | It's none of my concern |
| Jul-13 | Guru-Disciple |
| Aug-13 | Greed knows no bounds ! |
| Sep-13 | I got left out! |
| Oct-13 | Pleasant Speech |
| Nov-13 | Adversity is beneficial |
| Dec-13 | Joy or sorrow is only a matter of belief ! |

2015

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|--------|---------------------------------------|
| Jan-15 | Friendship |
| Feb-15 | Aarti |
| Mar-15 | Stubbornness |
| Apr-15 | Morality |
| May-15 | Holidays are fun |
| Jun-15 | Prejudice |
| Jul-15 | Bhakti |
| Aug-15 | Should we eat non-vegetarian food ? |
| Sep-15 | Charity |
| Oct-15 | Aradhna Viradhna |
| Nov-15 | Total Surrender Towards One's Parents |
| Dec-15 | Why does it happen only to me ? |

2017

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|--------|--|
| Jan-17 | Team Work |
| Feb-17 | Patience |
| Mar-17 | One is influenced by his company |
| Apr-17 | Are we beggars? |
| May-17 | Holidays are fun! |
| Jun-17 | Nobody likes an angry person |
| Jul-17 | Common sense blossoms with adjustments |
| Aug-17 | Lord Krishna |
| Sep-17 | True Happiness |
| Oct-17 | What if That Happened to Me? |
| Nov-17 | Comparison and the suffering it brings |
| Dec-17 | Superiority and Inferiority Complexes |

2014

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|--------|---|
| Jan-14 | Opponents are beneficial |
| Feb-14 | Honesty |
| Mar-14 | Embodiment Of Pure Love |
| Apr-14 | Being Helpful To Others |
| May-14 | Holidays are fun |
| Jun-14 | Gossiping |
| Jul-14 | Self Confidence |
| Aug-14 | Bliss Of Satisfaction |
| Sep-14 | Healthy Competition |
| Oct-14 | Real Strength |
| Nov-14 | The Current Living Tirthankar- Shree Simandhar Swami |
| Dec-14 | Laziness |

2016

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|--------|-------------------------------------|
| Jan-16 | Superhuman |
| Feb-16 | Where does God Live ? |
| Mar-16 | Truly Intelligent |
| Apr-16 | Making an Impression |
| May-16 | Holidays... are... fun!! |
| Jun-16 | Intellect vs Heart |
| Jul-16 | Samarpan |
| Aug-16 | Humility |
| Sep-16 | Irritation a weakness |
| Oct-16 | True Religion |
| Nov-16 | Where There is Unity There is Peace |
| Dec-16 | Generosity |

2018

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|--------|---|
| Jan-18 | Inner Beauty Outer Beauty |
| Feb-18 | Keep Oneness |
| Mar-18 | Normality |
| Apr-18 | Speak the Truth...But what kind of Truth? |
| May-18 | Holidays...are...Fun... |
| Jun-18 | Beastly Happiness |
| Jul-18 | Sant Purush, Sat Purush & Gnani Purush |
| Aug-18 | Humble people are likeable |
| Sep-18 | Being Cultured |
| Oct-18 | Life without complaints |
| Nov-18 | Dadabhagwan |
| Dec-18 | Humility Adorns Knowledge |