

Growth through Life



While climbing a hill towards the top, one passes through many pathways. Initially, we go through a tough time, but once our body gets warmed up, it becomes easy. Likewise our life is a combination of various pathways. We need to learn and grow up through each step. By growing up, I mean becoming more mature towards the endeavor, the self & others. During my youth life once I realized what I need to understand, that I need to learn a particular thing to move ahead in life, I have done so. While doing youth services in India and abroad, I realized that I need to be more fluent in spoken English; I started English classes along with Each day, every moment we need to take lessons from situations, take the good of them, learn from the mistakes and move forward. Our MANTRA should be, "do not repeat mistakes again". Every moment should be a moment of progress. At the end of the day or the week or the month or the year, there should be a good feeling within. Look at the growth of your body. How did you look when you were in 5th Std., then in 10th std., then in college? Likewise, we need to grow mentally by learning new skills as per the need of time and place. So, this Diwali I want you to identify few areas of your life, set a higher level and make efforts to achieve them.

 **HAPPY DIWALI.**
BK Chandrikaben

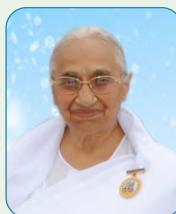
Ravana (10 headed Devil)

An understanding of a mechanism of negativity and the cause of misery in youth life

and YOUTH



The root cause of problems is the wrong perception about life.
The major negative feelings or forces are:



I am Right (Ego):

Youths are energetic, skillful, intelligent and hardworking but sometimes they lack the realization of their mistakes and faults and they develop the weakness of "I am always right". The false ego is the cause of tension and stress in personal and family life. They feel they are right. Ego leads to conflict and war, it disturbs the peace of the family. Uncompromising and disobedient youths are puzzled, unhappy and become a burden for the self and the family. Humbleness and understanding solve the problems which are essential along with the talent and the strength of the youth.

Wealth, Asset and Profit is everything (greediness):

Youths are ambitious and good at income, but sometime their love for money make them blind. They project themselves as egoless, sweet and social server to get the profit or monetary gain.

Once they fail to get wealth and profit they start showing their true nature. For the sake of money they break relation, disturb health, routine life and can cheat. Short term success and gain bring long term misery and pain in their life.

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Inside ...

Ravana

(10 headed Devil)
and Youth

**Youth
and
Tornadoes**

**The Rising
Heroes**

Experts find:
why being lazy
can make you ill ?

Do You Know ?

One in three adults still regret losing their temper:

The average modern adult gets angry 28 times in a month or 336 times in a year. Researcher studied how anger or temperaments have an impact on our lives. They found that 6 out of 10 get irritated without understanding the reason. One in four confessed that they sometimes reach a level of anger, where they risk losing their "self-control". One in four feels that anger influences their overall relation; while one in three have particular incident where they still regret having lost their control.

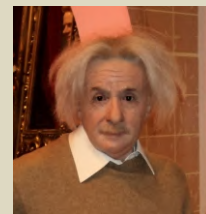
Indian Teen smarter than Einstein:

(UK girl of Indian origin beats IQ of scientific great)

Fabola Mann's IQ has put her in the top 1% of intelligent people in the world, two points over the 160 score by the scientific greats.

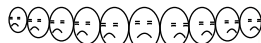
With a Mensa IQ score of 162, a 15 year old London teenager with Indian roots has beaten IQ of geniuses Albert Einstein and Stephen Hawkins. She wants to study medicine at Cambridge and to become a Surgeon. She wants to help people.

(Collected from Sunday Times of Times of India)



Brief analysis

It seems Sanskar, embedded qualities in soul since birth plays an important role, many teenager like Fabola Mann are displaying the genius and skill which is beyond the imagination of present human race.



Ravana (10 headed Devil)

and YOUTH



I am in Love

(Too much attachment):

Sometime youths are found to be emotional They love their relation and native but cannot do proper justice to it, as do not have the strong heart and mind to face situation to fulfill duties and responsibilities.

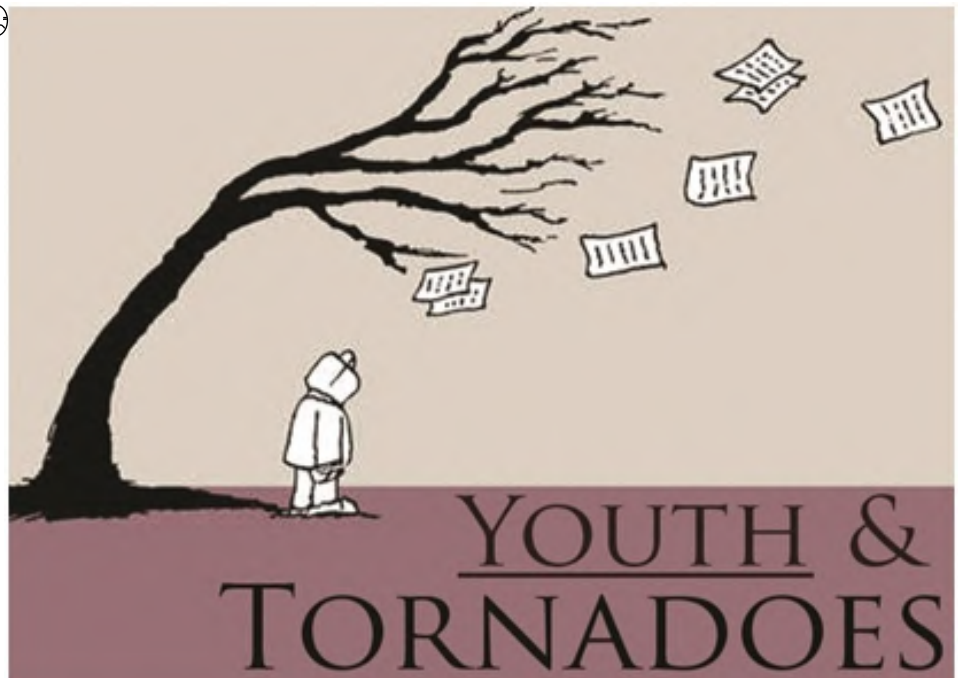
Life is all about enjoying

(Cupidity and lust):

Most of the youth are fond of freedom and enjoyment. Most tricky thing that many youth end their life with difficult and unsolved situation in search of "enjoyment and physical pleasure". To fulfill the desire for lust they show all positive qualities, knowledge, intelligence, tolerance, patience, humbleness and sweetness. They can work hard, self-less, good behaving, sacrificing with one objective of physical relation. One person pretends to be free from negative to fulfill bigger negativity in life and at the end, end one's peace and happiness.

Rest we are all aware of the danger of anger. Thus *Ravan* is the representation of 5 negative qualities (ego, greediness, attachment, anger and lust) of male and 5 negative qualities of female to have 10 heads who is ruling the globe, the king of misery and sorrow.

To celebrate true Dushera kill both *the Ravana and Kumbhakarna* to bring true *Diwali* (Light) in the life. The true enemy of your life is our weakness, let us determine and practice be free from negativity to be happy and healthy.



YOUTH & TORNADOES

The youth are at the center point of tornadoes in absolute ambiguity about the present as well as the future. Within all storms of accountability and target from family and corporate, the youth get puzzled. They know either they have to perform or to perish. Overburdened with the thoughts of responsibilities of serving relationships, company targets and individual developments, they have become mentally tired.

Within all the storms, the youth cannot foresee the future and the light which is at the end of the tunnel. Most of the time, they give up the effort to lead and to solve the situation by leaving it in the mercy of time and God. Tornadoes are unpredictable and uncertain. First, they come in the form of temptation and vices into the mind of the youth and then it transforms into real life tornadoes.

The signals that are sent in the form of tornadoes are uncontrolled negative thoughts and negative passion for life. They make one blind of the present as well as the next moment of its own life and one becomes absolutely confused and hopeless. Therefore, if one is able to detect and to control them at the thought level and can correct the self to think good, positive and constructive, they can visualize a good life.

In the present situation, the youth need to have two powers to be able to sustain himself and to be successful in life: one is the "power to face" any situation and the other one is the "power to adjust or to accommodate" with others and situations. Experience says: "Scarcity is the mother of Invention and Problem is the father of Progress". Converting the word "*Toofan*" (Threat) into "*Tohfa*" (Opportunity) needs the knowledge or the understanding about the "Invisible Friend and Father" (The Supreme Being - God) and about the "Cycle of Time". Life is simple; do not make it complex and critical. Remain "light and busy" and "easy and delightful". Within time everything shall pass away, be happy and hopeful. Be with the "Invisible Friend and Father", the Liberator, the Destroyer of Obstacles and the Benefactor.

You cannot believe
in God until you believe
in yourself.



Sayings of Swami Vivekananda

Struggle is the sign of life. Strength is life, weakness is death.

Never mind failure; they are the beauty of life.

No chance for the welfare of the world, unless the condition of women is improved.

Arise! Awake! Stop not, till the goal is reached.

Youth Services

To inspire, to empower, to realize, to rededicate, to meet, to share, to break all bondages like addictions, bad habits and blind faith, to spread the message of brotherhood by developing spiritual consciousness.



Gandhi Ashram becomes first milestone for The Rising Heroes.

The 23rd Sep, 2012 from 8.30 to 13.30 was not just a day to be remembered as a charity event but to be remembered as a successful initiation of the Youth wing activities reaching and embracing the 120 sweet kids of Gandhi Ashram through a new veritable arm called 'The Rising Heroes'. The Rising Heroes is a new project of the Youth Wing formed by a group of kumars (Jigar, Ishan, Maulin, Karan, Bhushan, Nirav) and inspired to come into action by the blessings of BK Chandrikaben. She has always been an inspiration, a mentor and a guide for the group.

TRH's first campaign began at 8.30 in the morning with a prayer. All TRH members were present in their symbolic white outfits representing holy motives. It started with every member's introduction to 120 kids and their principal, Shanta mata. Later, Vivekbhai told moral stories which all kids enjoyed with lots of cheers and chuckles. We experienced a very rare sense of discipline and composure. Those kids have shown in

attentively listening to all stories, imbibing the exact extract, making it an interactive session. Then we arranged all 120 kids into 5 different groups managed by at least 1 TRH member. As the moment came to enjoy their true childhood charm, all were just like jumping jacks. And in fact, all TRHs were also as joyful as the kids to celebrate the togetherness. We had brought all accessories to be used for the games such as rope, handkerchiefs, sticks, a tin box, some chocolates and colorful papers. All groups got a chance to play all the games including kho kho, ball, aandhadi khiskoli, captain game, hit the target, music game, dog's bone, treasure hunt etc., we played for almost 2 hours. Then, the kids were taken back to the prayer hall. At around 12 noon, BK Chandrikaben along with BK Vinaynaben and BK Snehalben arrived to bestow blessings. They met the kids and they had a very interesting conversation with them.

BK Chandrikaben enlightened us on how unique and special we all were in this world and how much God loved all of us. All the kids opened their heart to her by sharing their poems, by their experiences and by their songs. We all were overjoyed by their creativities, their talents and the purity of their heart. Then, Chandrikaben offered every kid 2 units of cloth washing soap and a unit of hair oil. Shanta Mata pronounced the vote of thanks! Brahma Bhojan was served to kids in an atmosphere of live sitar performance presented by our talented TRH Jigarbhai.

All in all, it was a mind blowing experience and indeed a fabulous opening of TRH activities in Ahmedabad! We wish to continue the same charm in upcoming times.



On Left: Group Photo with BK Chandrikaben ("The Rising Heroes" Team standing at the back)

On Right Top: Sitar Performance by Bk Jigar

On Right Bottom: Logo of Gandhi Ashram

“Life's situations are a game for the one who is prepared to face challenges”

Expression

For the one who is a skilled player, every situation, however challenging it may be, seems like a game. Even the most difficult situation is faced bravely, knowing that it has come to teach something and increase the skill within. So such a person becomes a source of support to those around during difficult times.

Experience

When I am aware of my own skills and specialities, I am able to face all life's situations with lightness and confidence. I enjoy everything that comes my way. I also am able to experience progress as I use all situations as a means for further increasing my own potential.

Happy Veggie

Do You Know ?

The most famous athlete and the fastest man of the world, Carl Lewis; the world's wrestling champion, Sushil Kumar; the Silver Medalists in Olympics, Virendra Sehwa, Javagal Srinath are depending on vegetarian food for their strength and fat free body. More than that many famous actors like Amitabh Bachchan, Shahid Kapoor, Natalie Portman actress of “Black Swan” and many Hollywood actors and actresses are vegetarian. All of us can understand that to have physical power, it is not necessary to kill an animal. We also know that animals like elephants and horses are also stronger and faster animals though they are herbivorous. You don't need to be red meat eaters to be stronger and faster.

Experts find: why being lazy can make you ill?

Inactivity can make you fall ill by increasing your blood glucose level, putting you at a greater risk of diabetes and heart diseases, according to a new study. Previous research has shown that people who don't move around much are prone to heart disease and type 2 diabetes but the reason is not known. Researchers from the University of Missouri in the US tried to tease out the precise role of inactivity in causing ill health, The Mirror reported. The team devised a novel approach: they stopped a group of very active people from exercising as usual. They cut the number of steps they took each day by at least half. They found that during those three inactive days, blood glucose levels spiked after every meal.



“Only a powerful soul can offer love, only a powerful soul can afford to be humble”

Dadi Prakashmani

“Let us always meet each other with smile, for the smile is the beginning of love.”

Mother Teresa



- ❧ Why do you press harder on a remote control when you know the battery is dead?
- ❧ If it's zero degrees outside today and it's supposed to be twice as cold tomorrow, how cold is it going to be?

Join us...



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