

“Becoming Free From Obstacle”

Young friends,

We have all heard about Lord Ganesh, haven't we? He is symbolised and worshiped as “VIGNA VINASHAK”- the destroyer of obstacles.

In fact, obstacles are stepping stones for moving forward in our journey of life, but our limitations, our bad habits, our unwanted behaviour are taking us where we never dreamt off and we sometimes become our own enemy. Let us empower the self to such an extent that our own traits and negativities would never be an obstacle to us.

Many of us are expert in giving solutions to problems, having the strength to face difficulties. There are two aspects, the first is to become free from obstacles and the second one is to make others free from obstacles.

Rajyoga Meditation is the key, the method to assist the self to go within, to discover one's own strength and weakness then to design oneself like GANPATI. India wants youths who are free from obstacles so that they can design the country to make it a golden sparrow. If one is amidst obstacles, how can he/she make others, the environment, the society obstacle free? Therefore, youth have to play the role of GANPATI. They have to dream of an obstacle free world and in particular India.

With warm wishes



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Happy Shivratri

Ice Vice

We are all essentially made of virtue. Even the worst person in the world will find the time to do something good...at least once a year. If you conduct a straw poll on people's preferences between peace and conflict, the result would be predictable. The deepest meaning of human relationships isn't hate, its love - we know that because we all seek it, and occasionally give it! But virtue is not so popular in these days of cynicism and disrespect. Vice is way out ahead in the world of human affairs. Lying, stealing, cheating, killing and insulting can be found at all levels of every society. Why? What made virtue lose its fashion, why did we collectively decide to surrender ourselves to vicious ways of living. Could it be down to one simple belief - survival of the fittest? Could it be the birth of desire and possession? Could it be that we started to think that we might not get what we wanted, or lose what we had? Could it be that we found others acting towards us in ways which were far from loving and caring? Probably yes to all of those as they are all interconnected. But we still have a choice and that choice will define the quality of our life - virtue or vice? Harmony or conflict? Love or fear? If we did not have that choice we would not be unique, individual beings with opportunity to know and exercise our free will. But seriously, if virtue and vice were standing trial and you were in the jury, who would you vote for? Which one would you ice? So make your choice and live your choice, it is much more relaxing. You did vote for virtue didn't you?

<https://www.facebook.com/thoughtfortodayuk>



Earth Day is an annual event, celebrated on April 22, on which events are held worldwide to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the Earth Day Network, and celebrated in more than 192 countries each year.

Reference: http://en.wikipedia.org/wiki/Earth_Day

Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.

- Buddha

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THERE IS NO UNDO KEY IN LIFE

Each one of us is aware of the use of UNDO facility in our computer 'Ctrl Z'. It is sometimes a "life saver" during our work. After using the key, we thank the creator for creating the same. While working with colleagues on the computer, and when we make a mistake, even before we press the "CTRL Z" key, we hear our colleagues scream aloud "CTRL Z".

But, it is a pity that there is no UNDO key in life. It is said that the spoken words, the released arrow and the passed time can never come back. Similarly, many times we commit blunders, we make mistakes. Oops! Oh! Oh My God! are the words uttered. But we cannot undo what is done. We are helpless.

So, think of a time, a situation, a moment, a circumstance when you felt that it would be better if we could rewind. I am sure there are many. No doubt we learnt something out of our mistakes but still there are some which are never to be made. Think of those or look around for such people who have made blunders and are paying for it. Learn from them. They are our teachers, our indicators, our signs of diversion now guiding us towards the right path.

Deciding not to face an exam due to a weak thought or being in depression or tension. Not applying for a job, an entrance exam or an interview you are deeply interested in, due to lack of alertness. Buying a product in haste without recognizing your own requirement but under the influence of an advertisement or because you saw others using it. Just give a thought!

At the Brahma Kumaris, I have learnt that before you act, be the knower of the three aspects of time, think of the past, the present and the future. Think and re-think. Because you will never be able to use the "Ctrl Z" key as there is not any UNDO key in life.

CONNECT TO INNER RADIANCE

Like a kite cut off from its string,
Like a flower bereft of its fragrant zing,
Like the violin tune with broken strings,
Fluttering are we with fractured wings.
Can you stand firm without a strong base?
Can you glide in the air without any brace?
Choices we make today will decide it all,
Whether to stand erect or we want to fall.
When our hearts aren't taint-less and clear,
When they are full of anger and fear,
When our own voice we refuse to hear,
There can only be cracks, pain and tears.
Through TV, mobile and internet invented by us,
we connect to outside world without any fuss,
when will we construct such an inner machine to connect to and enjoy our inner wisdom's sheen?

Facebook CEO most generous donor of 2013.

The chronicle of Philanthropy reported that Mark Zuckerberg (29) and his wife Priscilla Chan(28) are the most generous American Philanthropists as they contributed for more than \$992.2 million dollars to the Silicon Valley Community Foundation in Mountain View, being the largest charitable gift on the public record. This has put the young couple at the top of 50 most generous Americans in 2013.



“ To tighten the loose screw of carelessness is to be powerful. ”

Expression:

The one who is careless is not able to use the powers and the skills that he has. All the positive qualities within are wasted, because the one who is careless is not able to use them in the best possible way. But the one who is able to tighten the loose screw of carelessness is able to recognize and use the potentials that are within. So there is power visible in such a person.

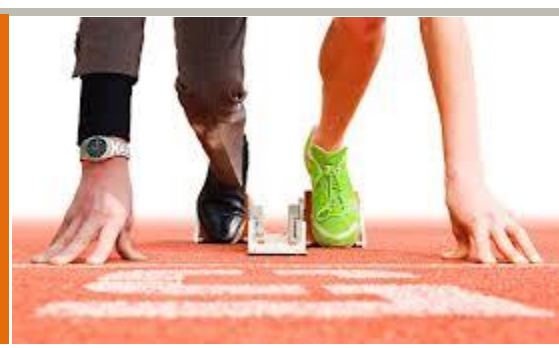
Experience:

When I am able to be free from carelessness, I am able to move forward with lightness and happiness. There is no difficulty of any situations experienced and I do everything to the best of my ability without giving any excuses. I am able to experience being powerful under all circumstances, as I am the master of the situation.



Humility accepts what's there. Sometimes there is a lot available and sometimes only a little. It doesn't matter. In humility there is the trust that everything will come anyway, at the right time.

DO NOT WAIT TO START RIGHT THING



Life is a learning process in which everything does not come so easily, we have to bend, tolerate and sacrifice to achieve our goals. We all know we should work hard and consistently to traverse all the problems. We will need the power of concentration and confidence. Still, we are not able to do what we think.

Since my childhood, I have also tried hard and I did go beyond my limits on self-control, but still I failed. Externally, I tried my best to be good looking, smart and educated. But I felt an empty inner space. Is there any solution to my negative thoughts, impure imaginations and complex nature? These were eating away my body and mind. I kept on hammering the lock without understanding the importance of the key.

At the age of 17, desperately searching for the solution, I peeped into a book, it gave me a hint on Lord Shiva and His power and I knew this is the only solution. I understood Almighty Shiva being my Father, my Teacher and my *Satguru*, He can also be my friend and my protector. Shiva is the God sermonizer of the Gita.

Seeing my life changed, friends used to get confused and they did not hesitate to pass comments. I continued to follow the good path without caring for criticism. I knew, time is the best teacher and examiner. Today, they are realizing the importance of self-control and discipline. I have adopted this life out of understanding, freedom, happiness and love not out of hardship and compulsion. Many times, we give up good practices out of fear of criticism; we get confused asking ourselves if it is the right age to do? The journey of life is long though simple if you can keep the Sweetest Father (God Shiva) as your companion and guide. The benefits are many but you have to sow the seed of good habits first.

There are numbers of issues and problems in life but one can get rid of them through patience, self-confidence and good practices.



Adding Meditation In Management

My experience at IIM Ahmadabad:

After my teaching and research experience, I joined a 4 months FDP program in Indian Institute of Management, Ahmedabad. During the study, I realized that the institute wants its students to be capable of handling pressure and uncertainties. They wanted us to do ten things at a time, which is humanly impossible. Though under pressure, I used to explore and awaken my inner abilities and talents to meet to the demanding situations. Tasks and assignments were given during the study to be completed at individual and group level. So, I divided my time wisely for the self and for the group or team. I should know how to work in team to be successful. And it needs understanding, adjustment, empathy, sacrifice and forgiveness.

During these 4 months, I never missed my early morning meditation and the spiritual classes at the Brahma Kumaris center which helped me to enhance my concentration, intelligence and analytical power. I could complete the course with good grades and achievements. There are many things to learn from the IIM students, they are patriotic, humble and hardworking, but I would suggest to them to add just 10 minutes of practice on positive thinking and meditation, and they will be able to do even better. The energy and vigour do not last forever; it needs continuous nurturing and care.

Meditation practitioner may seem to be fool but they are wise enough to deal with situations and persons. Meditation practitioner is known as "*Rajyogi*" or "*tapasvi*". A *Rajyogi* knows how to manage the kingdom of the self and its area of operation.

As the management teaches us to manage organisations, meditation teaches us to manage the self and the organisation through self-ruling and handling. A *Rajyogi* is stable and peaceful in his life. He is determined and strong in his nature. A meditation practitioner who is strong in the mind can do anything impossible, possible. A Yogi is sweet and happy in all conditions. *Be happy and be Rajyogi.*

☞ A young farmer from Palanpur, Haresh Chaudhary got pairs of shoes and socks for 540 poor girls of Banaskantha's government primary school. He shares "as a student, too, I used to see many children coming barefoot. I had decided to do something for them. It's not a big donation, but I hope it will save them from the daily bruises and encourage the girls to go to school more regularly". (Source: TOI 13.02.2014)

☞ **Annoying FB habits:** Facebook is 10 years old. The number of young users has grown by leaps and bounds. Something they find irksome about the social networking site is:

- Tagging others picture without seeking prior permission
- 36% of the facebook users do not like it when their friends over share simple put, post about their lives.
- Users strongly dislike when friends post too much information about them-selves and clutter the News Feed.
- Users often feel jealous when they see others having fun during social activities, in which they weren't included.

News

Youth Services

To inspire, to empower, to realise, 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.



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1. Bangalore: Participants of the BK Youth Retreat on "Self Sovereignty" theme along with BK Sarla



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2. JALORE: BK Geeta (Senior Youth Wing Committee member) conducting "Positive Personality" & "Team Work" session at Government Youth Training Programme organized by Nehru Yuva Kendra, Jalore.

Join us...



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