

WISH YOU A VERY HAPPY NEW YEAR

Issue: January/February 2015

From Editor's Desk:

Dear Young friends, as alert, energetic and active youth that you are, I am sure you must have had a good 2014 at all front and you must have planned your goals for the year 2015. Therefore I wish you all a very gratifying and fulfilling New Year 2015.

This time, I would like to share with you the importance of consistency in our life. As and when we understand and realize things, we decide to do them and we start our effort in that direction. But the most important thing is to keep on doing that thing till we get the result and that is called consistency! Don't ever get dishearten when you fail but do continuous effort to achieve your objectives. Your thoughts, words and actions should be in alignment with your aim. There should be no contradiction between what you want and what you are doing. When there is uneasiness within, check! There must be some deviation.

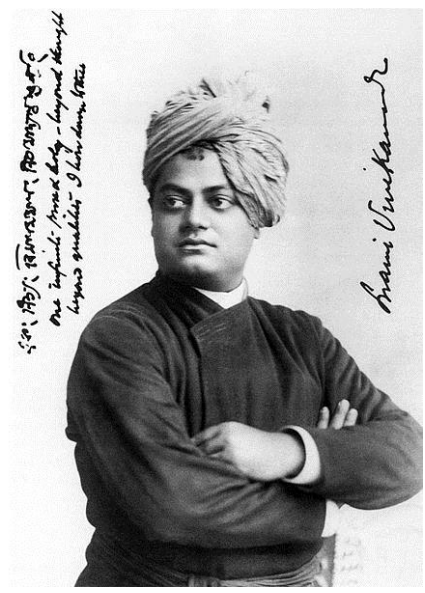
So, be consistent in your life, when you decide goods things for you and for rest of the world, stick to it. Keep energizing yourself.



BK Chandrikaben.
Editor, Youth wing Newsletter,
National Coordinator,
Youth Wing-RERF

Wonder at the age of 30 Swami Vivekananda:

In 1984, the Government of India declared and decided to observe the birthday of Swami Vivekananda, the 12th of January, as a National Youth Day. It has been observed since 1985 onwards. The "World brotherhood day" is celebrated on 11 September, on the day when Vivekananda delivered his first speech at the Parliament of the World's Religions in Chicago in 1893 and addressed the American people and his audiences as "Brother and Sisters of America". So, remember, he was only thirty years old but he inspired the people worldwide. (Reference: Wikipedia)

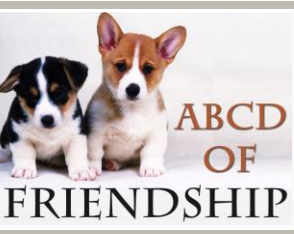


Vivekananda in Chicago, September 1893. On the left, Vivekananda wrote: "one infinite pure and holy - beyond thought beyond qualities I bow down to thee".

The National Youth Day, on January 12:

Be inspired by the words of **Swami Vivekananda:**

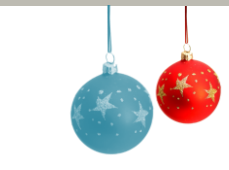
- Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, and know that you are the creator of your own destiny.
- Arise, awake and stop not till the goal is reached"
- The greatest sin is to think for yourself to be weak
- No action can give you freedom; only knowledge can make you free
- Never lose faith in yourself; you can do anything in the universe



Believes in You.

Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.

Swami Vivekananda
1863 - 1902



Inside

At the age of 90,
Youthful
Enthusiasm & efforts,
Brahma baba

Page 2

Time for
Transformation,
Realization
and **ACT**

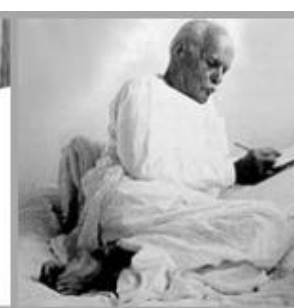
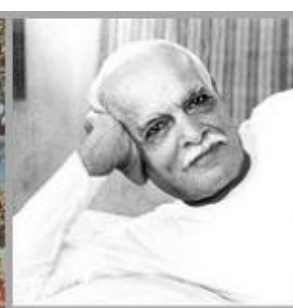
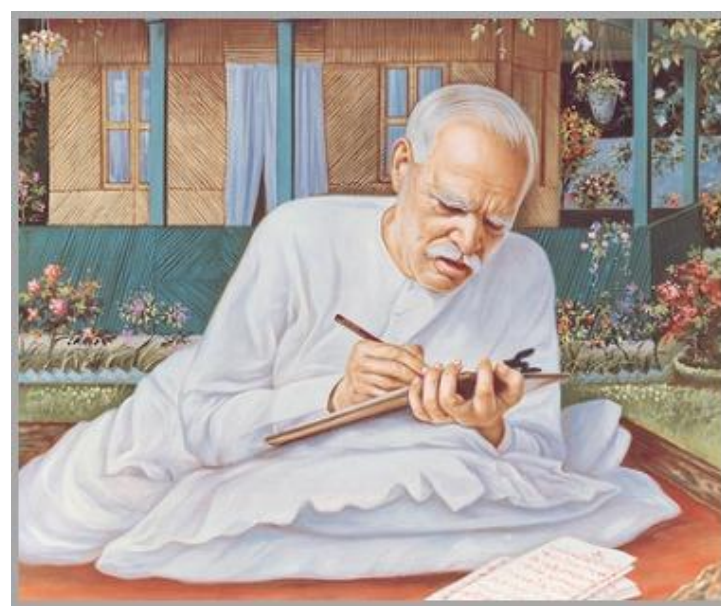
Page 3

Healing the
wound of
the
Heart

Page 3

The year
2015:
10 Hints to be
Victorious

Page 3



Prajapita Brahma

At the age of 90, Youthful Enthusiasm and Efforts

Prajapita Brahma Baba, through whom God Shiva set the foundation of the 'New Age - the Golden Age', was an outstanding personality. Thousands of youth like me are trying to compete with his energy level and enthusiasm, but all of us unanimously agree, he was the man of miracle and greatness. The Great Old Man, Brahma Baba has proven to be "Adidev" or the Adam of the human genealogical tree. It is not just difficult but impossible to get up as early as 2.30 a.m. in the morning every day when you sleep the previous night at 10.30 p.m. after completing all of your duties! I have tried myself number of times but after three continuous days, my energy level has warned me.

Brahma Baba has proven his self-control and ultimate balance in all situations. In spite of so many responsibilities, duties and false allegations, he had never bowed down to situations, persons and problems. The kind of mental strength, courage, fearlessness and confidence he displayed in spreading the right knowledge and protecting mankind is unmatched. God Shiva got the right instrument to spread His knowledge of peace and purity for the 'New Age'. Whatever God Shiva says in His sermons, Brahma Baba was the practical example or the embodiment of them. No one had seen Brahma Baba under the influence of vices. His life was an open book, a message for millions to have a peaceful and a pure life whilst having a job and being in family. In those days, many tried to frighten, to threaten, to assassinate Brahma Baba but he was having indomitable faith and confidence on the Supreme Father and the auspicious time of the Confluence Age. As these great men, Bhagat Singh, Gandhiji, Vivekananda and Subash Chandra Bose, he never surrendered to unrighteousness.

Though he was old in age, he was bubbling with enthusiasm and inspiration to transform this painful Iron age into a Peaceful and Pure Golden age. He had empowered and liberated millions from the shackles of weaknesses and evils. His charismatic leadership and glowing countenance inspired millions of women and men to sacrifice their vicious life to a divine life full of virtues, simplicity and purity. He was the man with a smile, humor and love. His unconditional love was the center of attraction for many children, youth and aged.

In his early life as Dada Lekhraj Kripalani, he was a rich diamond jeweler. And the moment, he realized the spiritual path, he did not even take a second to sacrifice all his material pleasures and wealth. He was an all-rounder, he engaged himself to all types of work humbly, from preparing pellets from cow dung to writing letters to the President of India. He had devoted all his physical, psychological and intellectual energy for ameliorating the pain of despair and helplessness of souls. He was very agile and fast in his decision making while managing the day to day activities of Brahma Kumaris Organisation.

I have seen many youth indecisive, lethargic and dormant. Number of times, I also grumbled why God did not choose me as his instrument, etc. but when comparing Brahma Baba's life with mine, what I realized was that in spite of his old age, Brahma Baba was thousands of times better than me in displaying his positive mindset, his punctuality, his hard work, his balanced life, his aura of purity, his efforts, his energy level, his determination and his dedication. I authenticated God's decision of choosing Dada Lekhraj Kripalani presently Prajapita Brahma as his instrument for the transformation of age. He is the Great Old Man, the first man of the world through whom God Shiva has created us. It reminds me of a word from Christian Religion that is 'Spiritual Birth'. Yes! God has given us a Spiritual Birth not a Physical Birth through Pitashri Brahma Baba, a birth of spiritual knowledge and divinity.

So let us take the advantage of our age, our energy and our resources to do something for our country through self-transformation. Be a dynamite of positive youth energy doing wonders.

Time for Transformation, Realization and ACT.

Action and Attitude, Courage and Transformation



Start early, start now, many good things are pending and inspiring in your life, act fast.

People are afraid about the atomic bomb that it will destroy the whole world. The fear is genuine as the present world is carrying around 30000 atomic bombs and most of them are hold by two countries, Russia and USA. With advancement of missile technology targeting a country with atomic weapons has become easier. The wars are increasing. It may be between Palestine and Israel, Russia and Ukraine or India and Pakistan. War leads to death toll, to loss of money and invaluable resources and it spreads fear and hunger. Day by day, fire of anger and antagonism are spreading. Besides the war, there are unpredictable and heinous terrorist threats. Fear is increasing among the children, woman and common mass.

Silent killer diseases are also increasing in the form of Ebola, Subvalvular aortic stenosis (SAS), foot and mouth diseases, AIDS, diabetes, etc. There are limitations of energies and though, we have searched for many alternative sources still we are dependent on coal and petroleum, as most of the factories, vehicles run on these resources.

The increasing debt crisis in and around east European countries is a major concern, though Russian economical problems seems to be limited to Russia. But it will spread rapidly as Russia is a giant in economy and is connected with most of the eastern European countries. So, 80% of its exports are in oil, natural gas, metals, timber and defense equipment. The way oil prices have been decreasing it is alarming for Russia, though there is some optimism, still Russian economy is in a bad situation.

Addictions are increasing at alarming rate too. A large number of our youths have proneness to drug abuse. There could be various reasons for someone to get into drug abuse. Still we are not realizing the urgency of time.

As just by closing our eyes we cannot avoid problems, so we should rise and act with powerful, peaceful and positive mind. Self-ignition, transformation can help me, my family and the world. Many people are sleeping with some miracles of science. Science is good and has been contributing, but do not convert this strength as major weakness or hindrance in transformation. Do not cheat the self in the name of science. The Ocean of positive energy can help us to remain conscious and to fight effectively. It needs good knowledge, understanding of the world drama and self-empowerment.

A- Action and Attitude, C- Courage and T –Transformation (ACT).

Healing the Wound of The Heart

The wound of the heart varies, sometimes it becomes so deep that it takes a lot of time and care to recover and heal. Nowadays, there are so many scientific progresses to heal the physical wound. Sincere thanks to medical science as millions are getting relived with pain killers and antibiotics. But for the wound of the mind (which is the heart of the soul), there is not any medicine or any surgery. And we all know about that! What is the medicine of the mind? People will say worship God, follow some austerities. But, life is already overburdened with psychological and physical problems. We have already suffered a lot so, do not talk about sacrifices and austerities. Being a youth, I need a "simple" solution.

We know that time is the best medicine; many wounds of relationship have healed with time. The simplest solution is one second of silence which will connect me to the "Universal Force", the Ocean of Love, of harmony, of Peace and of Perfection. Get lost in that sensation and your life will start healing. You need to start practicing and increase that practice. Do again and again, the wound of the heart will start healing. Be healthy in your mind and your heart because that is the center point of enjoyment of life. A bleeding heart needs respite, love, care and rest. So, give your heart rest and respect.

The Year 2015: 10 Hints to Be Victorious

(Victory is not a matter of chance, it is the output of proven method: Vidhi Se Sidhi)

Time passes leaving behind memories. The incidents, the experiences and the relations have marked our life, many of them are unforgettable. Some of them are pleasant and some of them are painful. Time teaches how to forgive and to forget, to move forward with warm relations and respect.

Guidelines to make 2015 memorable and the most successful year:

1. Set a target and do not create self-doubt whether is it possible or not.
2. Put forward the step of courage with honesty and a clean heart, the power of the Universe and the Supreme Soul will assist you.
3. Work with passion and have love for your goals, be an ardent lover of your life and be ambitious. Love never counts the sacrifice and the pain. Love replaces the labor. Your goal should be to help yourself and mankind.
4. Set some targets and timelines but do not be rigid, sometimes you can finish early and sometimes may fail.
5. Never blame anyone, adjust, accommodate and digest everyone's feelings and words for you, move forward with a positive mind. Achieve your ambitions through all these hurdles, problems and obstacles.
6. Faith moves the mountain and definitely you will land in victory so have faith on yourself, others and time. Learn the art of getting and extending co-operation to others.
7. Sometimes our suspicions, doubts and unreliability derail us from our decent approach and patience. Our words and approaches get changed. Warning: stick to a loving behavior and good manners. One need courage and a clean heart to clarify certain doubts, be prepared for it, learn when to remain silent and when to pursue.
8. Remain light and be delighted then critical problem will become simpler.
9. Never give up your disciplined, motivated and energetic life. Hold these in every steps of your life, continuity counts.
10. Depression, tension and hopelessness are the greatest vices and weaknesses. God helps them who are courageous, confident and curious. At the end, remember "Sure for Pure", as purity is the mother of success.

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.



NIC Youth



Candle lighting of National Integration Camp ORC Delhi.





1. Stage Program Of Kolhapur - Manojkumar Sharmaji, BK Sunandabehn, BK Chandrikadidi, MLA - Rajesh kshirsagarji, Godase sir, BK Shobhabehn- Goa, BK Krootibehn, BK Dr. Sachin Parabji & famous youth of kolhapur on stage. **2.** Candle lighting by honorable guests. **3.** Bharat Natyam dance by Sanyogita Group-Kolhapur. Bharat Natyam dance by Sanyogita Group- Kolhapur. **4.** Public of Mega Youth Festival, Kolhapur.



5. Ignite The Youth Group at Garividi. **6.** Plants planting by Ignite the youth group on Govt.Hospital road in Garividi.. **7.** Sangitabehn inspiring students at Kankulok High School in Barshi. **8.** Youth taking oath at Barshi. **9.** Divya Ngari: Slum Transformation Project, Navarangpura, Ahmedabad, Welcome kids at center. **10.** Brother Manfred Stueck from Germany, Dr. Azeem from Dubai and BK CA. Lalit Inani, BK Ishitaben. **11.** Prayer Time . **12.** Nail Cutting and Hair Setting of slum kids

Join us...



Youth Wing, Rajyoga Education & Research Foundation
C/o Brahma Kumaris,
6 & 7, Mahadevnagar Society,
Opp. Akar Complex, S.P. Stadium Road,
Navjivan, Ahmedabad - 380 014
Tel: +91-79-26444415,26460944
Mobile : +91-9427313773

Learn to meditate. For information about free Rajyoga Meditation courses, visit www.brahmakumaris.com

For More information about youth activities, Please visit www.bkyouth.org



Join us on Facebook,
<https://www.facebook.com/bkYouthwing>

Write to us at newsletter@bkyouth.org