



September-October, 2015



"Appreciating my life"

Dear Young Friends,

Recently various Retreats are happening in our Serve Africa Retreat Centre in Nairobi - Africa on the theme - "Appreciating My Life" and I really liked the theme and the process. The summary of this theme is to be aware of the ways and the means of appreciating the self and the role that we are playing, the environment, the relationships, God and many more...

As youth, though we came across many setbacks, turbulent moments but still we have got many good things in our life that need to be appreciated. Identify them and scrutinize them. Feel them and appreciate them. Appreciate the things you have; appreciate the goodness that is within you; appreciate your surroundings; appreciate your relations. I, personally, have appreciated my life and all the people around me and this has given me success in whatever I am doing. The feeling of confidence emerges when you appreciate your self-worth and your strength. This feeling will help you to march further on in life. Inculcate the habit of appreciating.

Best Wishes,

BK Chandrikaben.

Editor, Youth wing Newsletter, National Coordinator, Youth Wing

The Sparkling Diamond: Prakashmani

Balancing Academic and Administration



The basic thing of a yogic life or a Brahmin life is on how to balance between self-development and spiritual service. Being the administrative head of the Brahma Kumaris, running all branches, retreat centers, events and Government process of around 80 countries, Dadiji was devoting almost 6 hours exclusively for self-development. Often we have seen getting time for self-development or devoting time for self-progress is almost impossible, we do not even get the time to attend the basic teaching session of God the "Murli Class". But the potent question on how to balance self-progress with the progress of spiritual service, Dadiji was the wonderful example.

Dadiji stated that from 03.00 to 08.30 am, these 5 hours and 30 minutes are for my personal progress, and afterwards till 10 pm is for the world, for spiritual service. The foundation of a spiritual life is placed during the early morning hours and invariably, Dadiji was devoting 30 minutes to read the Murli and review the self before going to bed. Besides, Dadiji said she was refocusing and meditating at traffic control times and at "Brahma Bhojan", the food time.

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"Only a powerful soul can offer love. Only a powerful soul can afford to be humble. If we are weak, then we become selfish. If we are empty, we take; but if we are filled, we automatically give to all. That is our nature."

Dadi Prakashmani

Dadi Prakashmani receiving the United Nations' Peace Messenger Award from the UN Secretary General Javier Perez de Cuellar in 1987.



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Swansong

The Final Gesture



The Sparkling Diamond: Prakashmani

So it goes like this: 'All good things in life must come to an end'. Well! Not exactly! Life goes in a full circle. So what starts comes to an end only to start again. But I guess, we miss this point and thus get attached to the scenes of life that seemingly gave us happiness not wanting the scene to change ever.

Forgetting that life is like a flowing river and a river flowing in all its glory is more beautiful than stagnant water in a muddy pond. Imagine you are watching a movie and the reel gets stuck in a particular scene, no matter how beautiful the scene might be, you will get bored. The same thing goes for life. It's like a movie playing on the unlimited screen of this world with each one of us having beautiful and important roles in the script. And the roles are interconnected.

We meet so many different individuals on the journey of life, play our parts closely with some of them, not so closely with the rest. Forging relationships some named, some unnamed. Right from the moment we take this body. And we get attached to a few of these relationships, the ones that give us the most happiness and love. Not ever wanting to let go. And then there are some people and relationships that are exactly the opposite and we want to escape from them as soon as possible. Swinging between attraction and repulsion, never being able to take a neutral stand and become a detached observer to watch the scenes of life unfold in front of us. Wouldn't it be wonderful if we could watch life as a spectator appreciating the totality of the plot rather than appreciating or cursing individual events?

So how to become a detached observer? Stop trying to control the events of life, stop worrying about what is going to happen tomorrow. Live in the present moment as it is. Your present that is shaping your future. With each passing second, the script of life is unfolding in front of us. What happened in the past was the only thing that could have happened. If there is a lesson you can learn from your past, learn it and move on. Don't try to hold on to the past however good or bad it might have been. As holding on to your past will make you look at your present through the lens of your past experiences thus preventing you from living and expressing yourself in a truly free manner. Remember that we are enacting our roles, playing it to perfection is the only thing in our control.

So be the hero/heroine of your own life. Play your part well and enjoy the drama called life as you play your part in it.


BK Anupam, Pune

She had never avoided her responsibilities or her spiritual duties and the result is obvious.

Many of us have the dissatisfaction and complain of not getting sufficient time for the "Atma Chintan" or "Swa-purusharth". But it is a lure, if we are really sincere, we can follow Dadiji's routine. Are we more occupied and responsible as Dadi was? In spite of her busy schedule, she was keen of knowledge and intense effort. In this world, administrators are different from academicians. Dadiji was the best administrator as well as the best academician. She is an example for many young Brahma Kumars and Kumaris to copy.

The Lioness: Dadiji was "Sherawalli", the goddess Durga, she used to say I am honest and sincere, so I need not be afraid of any authority. She was fearless, filled with all the powers. In 1994, in one of the session Dadiji said: "she does not know what is "Maya" or vices". I was surprised: "what is Dadiji telling, being in this world as a common man, 24/7 we are surrounded and under the influence of the vices, negativities and evils, and Dadiji is not even aware of such things". That was the level of her spiritual stage and purity. Dadiji's purusharth (intense effort maker) and aura had kept such negative forces thousands kilometers away from her.

Finally, I have experienced that Dadiji was having a strong discernment power. She was caring, loving, flexible and resilient, which is the need of the hour. She was a good team player, hardworking, sensible and indomitable. At the end, we will have to learn how to be flexible with others and to be rigid on the self. I have learned many things from Dadiji, though like many other brothers, I don't have the opportunity to stay at Mount Abu but from far, I have learned. She is Dadi Prakashmani, the sparkling Diamond. Also known to be "Kumarka" - the Dadi of the Kumars.



Tears are like Pearls *Not to waste for small*

In some way or the other, we have managed to deal with our emotions and problems. Since our childhood, everyone of us has the experience of shedding tears. Many feels tears are unavoidable and we have assumed that tears of sorrow and tears of happiness both are part of our life.

In fact, there are two kinds of tears: physical and psychological. Shedding tears out of agony is a sign of disability of the mind to handle situations, to take the right decisions. At a psychological level, it is signifying the bruises in the mind and the heart. My heart and my inner feelings are painful, even if I am not shedding tears. Inner tears are damaging. Ask yourself, why am I living life with a lot of pain?

Yes! There are also tears of love, of happiness, of accomplishment which are tears of pearls. We need to learn how to lead a life of love, happiness and peace and not a life of tears, anxieties and sorrows. And yes, there are persons who know how to hide their pain and keep smiling on the outside, a superficial smile and happiness. And it is so different from the pure, peaceful and happy smile.

A wise person will never repent. The state of repentance signifies there is lack of wisdom and knowledge. Ignorance and inefficiency lead to incorrect decision, which leads to failure and frustration. Situation should not shake you, you should have enough inner strength and understanding to handle them. External situations demand a lot of energy, wisdom and resources to fight them. So, learn to fight and face with your own psychological toughness and your superior skills. Don't let pain, fear, frustration, failures, fraction, and frailty instill tears into your life.

Once upon a time, there was heaven on earth where people were living with love and peace. They had the understanding that the individual is a consciousness and it never dies. It is immortal, indivisible, imperishable and eternal. This consciousness also known as a soul is immortal and when it leaves one body it reincarnates into another one and thus play its role in this world. The understanding and the realization of this divine knowledge heal the bruises of the mind and thus stop the agony. So, come and get the introduction of your spiritual dimension by visiting any center of the Brahma Kumaris and you will stop shedding tears forever. Become contagious in happiness and not contagious in sorrow. Always keep smiling!

Om Shanti : I am a peaceful soul.



Spirituality

For Youth

"The Future Of India"

Hi, this is Abhinav Rajput. I'm 21 years old and I'm studying as well as doing job. There are four members in my family. (Mom, brother, sister and me). My father left us when I was eleven, in sixth standard. Life went on with suffering, lack of happiness and lack of money. In October 2014, someone came in my life. Our relationship was going on well, but suddenly something happened and we broke up.

This is a common problem of youth. There are trapped in this. That's one of the reason why there are suffering at an emotional level... Youth are depending on others to be happy.

Later, I joined the Brahma kumaris where I attended the Seven days course on Meditation. This gave me such a positive and pure mind. I realised I have the choice to live with full happiness and positivity. I saw my family, my friends, my society happy for me.

After few months, I attended the 10 days course of "Art of Living Vipassana". Vipassana was taught by Lord Buddha 2500 years ago. They awakened the Law of love, the Law of sharing inside me which was a plus point.

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Meditation is a tool to deepen our understand of love, happiness, peace and sharing. It helps one to come out from any type of problems, situations. My personal experience is meditation has given me the power to face reality and not to escape from it.

Youth are flowed with and in a wrong direction. Take any article and read about youth. They are doing such wrong activities through the Internet like watching at bad videos etc. India is suffering from many huge problems. But the basic and most common problem is "lack of money, lack of love, lack of happiness, lack of food etc. - This is the present reality. We have to accept it and take a step ahead to resolve this and Youth has that power. India has 127 Crore population. Youth may be 50 to 60%. Youth population is growing faster in India.

People are thinking that meditation can be done only after crossing 40 or 50 years of age. But it is wrong. Meditation started at a young age is the beginning for shaping an individual to create a world where there is love, peace and happiness, a beautiful world. People are also thinking that meditation ends love. It is also untrue as meditation makes you a more lovable person and more understanding. It gives you a pure, fine and intelligent mind.

Spirituality is the only way to awaken the youth for a better future of India. The right time is now, when youth have to understand the power of love, (Love is not attachment), and the law of sharing. If just 25% of the youth of India will go on the Spiritual path, they will make India much better. Spirituality is the way to develop our intelligence as infinite.

Youth Ki Awaaz by Abhinav Rajput

"If you have more than you need, simply share it with those who need it most"
- Sandeep Maheshwari

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.



1. Hon'ble Governor of Goa Ms. Mridula Sinha at a programme of 'Swachh Bharat Abhiyan'. 2. Divya Youth forum, Youth retreat in Shanti Sarovar, Hyderabad. 3. Inauguration of Divya Youht Forum



Join us...

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