

## YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

### POINTS FOR SELF PROGRESS

#### FOR THE MONTH OF APRIL 2020

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#### Chart for the month of April 2020:

##### AIM: Last chance to pass with honour.

We, souls, are the students of the Supreme Teacher, Shiva Baba, the Ocean of Knowledge. Baba has made us clever by giving us the knowledge of the self, the Supreme Soul and the cycle of the world and He made us powerful with the teachings of Rajyoga. Now time has arrived to glorify the Supreme Teacher by showing practically his teachings. We have to pass in every situation. We have to stay near Baba continuously. We have to put a full stop in all things of the past. Then only, we will pass with honour and manifest in front of the world.

So, come, in order to make our Supreme Teacher proud of us let us pass with honour and glorify His name in this world.

| WEEK   | EFFORT OF DIVYA DARPAN (DIVINE MIRROR) |
|--------|--|
| First  | Constantly stay with Baba              |
| Second | Put a dot in all things of the past    |
| Third  | Pass in any situation                  |
| Fourth | Become pass with honour                |

- ❖ For whatever aim is given for the week, let us practice or churn over it. Write at least 10 lines on its benefits. Then check everyday at night, how many % we passed?
  
- ❖ **Special Activity: On every Sundays of the month, keep a workshop for all youths and the DD chart writers. Make groups and tell them to discuss on the following questions: (Sample for one Sunday)**
  1. What is the definition of pass with honour?
  2. What is the disciplines needed to pass with honour?
  3. What are the specialities of pass with honour souls?
  4. Make action plan?
  
- ❖ **In your frame book, write in five lines the following by checking the result and keeping a record before going to bed.**
  1. Good morning - 3.30 am
  2. Amritvela - 3.30 to 4.45 am
  3. Physical exercises/walking - Hanji
  4. Traffic control - 5
  5. Murli class - in class
  6. Did you read the Avyakt Murli? - Hanji
  7. Evening yoga - Hanji
  8. The consciousness of self-respect – very good
  9. Pass: 80%
  10. Good night - 10.30 pm

❖ **During this month, we are specially going to wear two bracelets of maryadas (Godly principles):**

1. Will practice 4 hours of yoga daily.
2. All karmas will be performed as karmayogis.

❖ **Practice:**

In every hour for one minute, go to Baba and get the tilak of victory.

❖ **Together with the special practice of Divya Darpan, write in your notebook after noting down today's murli, at least 21 times the points of self-respect or 10 points of churning. If you have had any good experience, then note it down too.**

| WEEK   | SELF RESPECT                                       |
|--------|--|
| First  | I, the soul, am loved by the Father.               |
| Second | I, the soul, am the one who put a dot to the past. |
| Third  | I, the soul, am victorious.                        |
| Fourth | I, the soul, am passing with honour.               |

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