



From Desk of Editor

Oh Youth! Hello! You are at the luckiest time of your life and I would like to start with you a new project in which I welcome you with divine love, due respect and Godly sustenance to join in.

The project is about working together on the level of thoughts that is to develop a thinking frequency of like minded youth.

Let's discover what thoughts can do. Thought is a weapon, a medium, an instrument and a power which doesn't limit itself with time and space. Thought reaches the mind of any person within seconds. In the world today, to study the power of the mind they have written lots of books and many thinking processes are going on.

Let us start with the self.

My simplest and humblest request to you is that you pay attention to your own mind set. We all know that each and every individual in this world are different and unique. So are you! There is no other like you in the whole universe and that's why don't waste valuable time in comparing and contrasting yourself with others. Always think I am a unique person! It is very normal that the virtues and the values which are given to all by God are unique, special and different from person to person. Therefore, you should focus, appreciate your own life and bring in use these qualities for yourself and for others, with kindness and selflessness, and you will feel happiness in return.

B K Chandrikaben



Vibrant IPL is going on in different cities of India breaking sixes and fours records. At the same time, members of youth group are preparing for London Olympic 2012. The youth were once considered to be immature and the responsible positions were reserved for seniors only. But it is now noteworthy that the youth are no more restricted to sports and entertainment but they have been playing unmatched role in the field of trade and commerce also.

Nowadays, youths are fetching highest salary irrespective of their age because big corporate officers are able to identify their talents and they know it very well that the youth can make any impossible thing possible as they are having creativity, passion, indomitable spirits and courage to convert the plans into practical. In the present time, with changing trend of fashion and technologies, the skill, the knowledge and the experience are getting obsolete. The industry and the market need new talent, knowledge and skill more than a tireless mind filled with lots of hope and aspirations for the future.

Beyond sports, business and entertainment, youth politicians are heading the state infusing hopes among the millions. As per the call of time, more and more youth should get into politics to infuse new ideas and ideology, but only those youths that are having high moral standards, self control and a vision for the nation.

Continued on page 3

Inside ...

Regaining self-control to enjoy a living

"to regain the control over my life, my relationships, my duties, my emotions, my responsibilities, my physical body and my disturbed mind"

Sit with yourself

"Life is the sum of all your choices".

Make your vacation a learning experience!

"Happy Vacation!"

Regaining self-control to enjoy a living



One day, I was sitting in silence; I was wondering how I lost my "Self Ruling Kingdom". My life, my relationships were under my control, I had command over each and every sphere of life. What happened to me? Where did I lose my vigour, my strength and most importantly my enthusiasm? I am neither motivated nor inspired to work hard. The biggest enemy of my life is my confused intellect. I do understand that but I don't see any way out. My thoughts are revolving only around failure, depression, repentance and revenge.

On one side, there is a very heavy lack of interest, and on the other, I am getting attracted by insignificant vices. I cannot define such paradoxical behavior. Why is it so? Because I can fight with giants, but tracking and exterminating the subtle evils within me are beyond my abilities.

O God! Please give me back my self ruling kingdom that is much more precious, important and soothing than any other achievement on the earth. What is the use of having gold when my inner world, my state of mind is disturbed? How far will I rely on the external pleasures? I have already drained out all my resources of the mind and matter by being tempted without realizing its harm. But I was not getting the way out from this vicious cycle. I may have to work hard and tolerate, I am ready to sacrifice anything to regain myself ruling kingdom which is sweeter and valuable than any other successes of life.

I want to regain the control over my life, my relationships, my duties, my emotions, my responsibilities, my physical body and my disturbed mind. I will beautify my mind. I will make it simpler, purer, clearer and powerful. I will give up every negative habit.

But for that, I need strength, I need power. Where and how will I get them? If science can control the nature and the invisible forces can do every impossible task possible, why can't I? The power of Silence is the supreme of all the powers. Silence and tranquility of the mind is the mother of science.

It is the power of silence which enables great scientists to focus, to concentrate, to discover or to explore the truth of the universe. The same power of silence can work as a wonderful weapon to explore the truth of life. This power of silence will act like a wonderful tool for self-transformation.

Let me start with 10 minutes of silence every day. Let me explore the underlying techniques of self-transformation. With the help of the power of silence and introspection, I can do it and I have to do it. I have done it several times, I will do it again. With my eyes filled with tears about my memories of the past life, I realized that I have to start the incognito war against my weak ideas, thoughts, emotions and false nature.



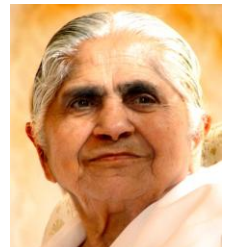
My true original nature is pure, powerful and peaceful.

Believe me to regain the Self ruling Kingdom, it is quite possible. Nothing is comparable to this joy. Just use the power of silence with immense love for the Supreme Soul.

Dear Friends,

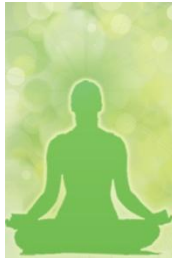
 **Check the quality of your own thinking**

Om shanti. Some tell me that they cannot get on with others. Whose mistake is it that you can't get on with someone, if not your own? Go into silence and ask yourself how you are thinking. Check the quality of your own thinking. You may think you are very good and that others have to change. If you are thinking such types of thoughts, you cannot be serving others at that time. Have mercy on yourself. Free yourself from seeing others and blaming others and do service with your pure attitude.



Make God your companion and He will get what He needs to get done through you. I have to only see myself and see God. There is so much enjoyment in seeing how God works. Let everything now happen with harmony.

*With love,
Dadi Janki Ji (Administrative Head of the Brahma Kumaris)*



Sit with yourself

Youth life passes through many phases. It is the period wherein we take many important decisions of life; it might be a selection of a course, of a college, of friends, of a job, or either starting a business or selecting a life partner. Of course, so many people are there to help us out. However at the end of the day, we have to make the final decision.

Albert Camus said "Life is the sum of all your choices". For example: a Choice I made from a menu, the relevant food will be served to me. When we don't make our own choices in life, then we have to accept the choices made by others.

In such circumstances, the simple method is to "sit with yourself". Ask yourself what do you want out of life? What do you have to offer to others? Write your questions on a piece of paper. Keep questioning yourself and ask for answers. This method is also very helpful when we have problems. Write your problem and ask for the solution to yourself. Do not allow your mind to run wildly, it will get exhausted.



Don't wander, looking at all things without knowing what you are looking for. Just sit with yourself.

We have not come into this world to just pass time. "Destiny is not a matter of chance. It is a matter of choice. It is not a thing to be waited for; it is a thing to be achieved." - William Jennings Bryan.

So - sit with yourself as many times as you need to.



Written By:

*BK Dr. Ashok D. Jethva, M.sc., Ph.D (Chemistry)
Superintendent of Customs, Excise & Service Tax Department,
Spiritual student of Brahma Kumaris since 1997*

Youth for Future India

Cont. from Page 1

It seems youth should act more sensibly irrespective of his age. He has to act with lots of energy and passion but also with patience and understanding. Youth has to play an important role in the future of India in the field of research, scientific development, politics, business and industry; and India has to match its achievement with China in terms of sports. Unless and until a nation has not progressed in terms of business, industry, education, scientific endeavor, sports and entertainment, etc. we cannot term it as developed. India has to move ahead millions of steps in sports, which need the participation of the entire nation. More than one billion population and only one single gold medal at an individual level is a matter of shame!

Recently, we have started psychological training among the sportsman which used to be termed as mind training. Coaches have been appreciating the efforts of Brahma Kumaris for building moral and psychological strength in sports persons. Countries are borrowing Indian techniques of Rajyoga and applying them in the field of education, science, medicine, sports and entertainment. Why do Indian youth not use meditation to enhance the strength of the muscles of the mind, become focused and be creative? Rajyoga enhances concentration and makes one more creative through the techniques of visualization.

I will advice "Pahle Istemal Karo Phir Biswas Karo," first try it, then realize the achievements.



Mom's Kitchen **Black Velvet Cake**



- | | |
|---------------------------|------------------------------|
| 2 2/3 cups flour | 2 cups water |
| 2 tsp bicarbonate of soda | 6 tbsp carob or cocoa powder |
| 2 tbsp honey or 6oz sugar | 2 tsp baking powder |
| 2/3 cup oil | 2 tbsp vinegar |

Mix all together, beat well and bake at Gas 4 for approximately 25 minutes. Ice with carob or cocoa icing.

Source: bkwsu.org



Make your vacation a learning experience



Looking at the present scenario, the youth are expected to have some extra skills apart from their educational qualifications. Some of them have good communication skills, they are working in a team environment, they have good fluency in spoken and written English language and they have some extra qualifications in reference to their graduation, post graduation degree. For example, a student of B.Sc., M.Sc. who has the knowledge of ISO Certification, a good laboratory practice, the safety rules of an industry, the basic knowledge of computer or how to face interviews, etc. will be an added advantage.

The vacation time is the best time when one can go for the development of these skills, learn new things in relation to his/her career. Here are some practical steps for identifying such skills which need to be developed:

1. **Identify the skills you plan to learn:** Express your willingness of learning things from your seniors, teachers, parents, and friends by asking them their opinion and guidance. Understand what is expected from a fresher in the industry. What are the things that excite you? That catches your attention & interest? What are the things which are a must in the industry? Even these can be of value like sincerity, punctuality, honesty or hard work. Look at the advertisement in the newspaper and understand their requirement.
2. **Find the right source of learning:** Look around you – People, an institution, an agency, an industry, a relative, a senior, a classmate who will help you out to develop your identified skill. Share what you desire to learn. Tally your decision with their suggestions. If it contradicts, do some more homework before concluding.
3. **Add passion in your learning:** Learn from the heart. Explore every aspect of it. Create fresh ideas and share with your senior/boss. Make learning a life long process.



Happy Vacation!



Apart from learning new skills, some activities like dance, adventure camp, sports, yoga, meditation, spiritual learning, developing your hobbies will help you make your time memorable.

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.



New Delhi: Youth & Environment, a workshop organized by the Youth & Scientist /Engineering Wing



CA glimpse of 'Life Skills Education Camp'

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 Raja Yoga meditation courses, visit www.brahmakumaris.com

For more information about Youth activities, please visit www.bkyouth.org