

When you want to decide something, introspect! When you want to react, introspect! When you are confused, introspect! Many a times, people are with us, but we are not with people. Many a times, someone is sharing with us, but we are not listening. Our state of mind is somewhere else. We need to learn to take our state of mind in a deep introspection. Ask yourself, what you want? How much you want? What make you happy? What make you sad? Introspection helps to understand the self. It helps to make choices, it helps to see the things more clearly and as they are.



Value of Introspections

*BK Chandrikaben,
Editor, Youth wing Newsletter*

Understanding and friendship with the inner consciousness lead to introspection. At the time when the mind enters into deep calmness, quietness and serenity, it can sense the truth and the reality. Take out time for yourself, be with yourself, talk to yourself, sense your inner feeling for the self, the family, friends, the society. Transform it into positive and pure feelings, if your feelings are not what you want them to be. Sense your own flow of positive emotions and give them a direction. Develop strength within with introspection and safeguard it. It doesn't take time to harm or damage the inner strength. Your inner strength is valuable and it needs proper watch, care and nourishment. Value introspection!



Reflection & Realization

"All desires end when there is the one desire to experience progress."


Projection:

It is believed normally that in order to progress one need to have desires. But desires are not always fulfilled and unhappiness is experienced because of it. Then I am not able to appreciate whatever comes my way.

Solution:

I need to replace all my desires with one desire, i.e., the desire to experience progress. With this thought, I will be able to make the best use of what I get in the right way. When I move forward in this way making the best use of everything I will be able to experience constant progress.


CELEBRATE United Nations Day 24 October



"All that you are is a result of all that you have thought"

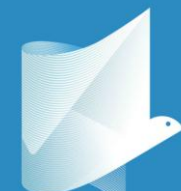
Happy Birthday UN, On UN Day, greetings to all. Wishes from Youth Wing, Brahma Kumaris

Youth Wing, Brahma Kumaris
www.facebook.com/bkYouthwing
www.bkyouth.org



May Happiness and Contentment Fill Your life ! Wishing you a very happy and prosperous


Diwali



World Post Day 9 October

On World Post Day, greetings to all post officers and postmen enthusiasts, Wishes from Youth Wing, Brahma Kumaris

Youth Wing, Brahma Kumaris
www.facebook.com/bkYouthwing
www.bkyouth.org



Celebrating Diwali

Inside...

"We feel happy by making others happy"

Page 2

The Last Journey

"..and everything is beautiful and pure."

Page 3

Power of Talk

"Tongue and Young: Sweet, Salty and Sour Youth Life"

Page 4

Celebrating Diwali

Happy Diwali



Do we ever wonder how the coming of Diwali brings cheers and enthusiasm unparalleled to anything else. We can't explain why we prepare for it so many days in advance. We get everything new, share gifts and celebrate. There is a wave of happiness felt by everyone without knowing the reason. The festival marks a new beginning. A new beginning that happened once upon a time, and the memory of which is etched in the soul.

We light lamps to mark the festival. What does it signify? Taking it to an unlimited perspective, light is knowledge which brings clarity and hope. Darkness is ignorance which brings confusion and uneasiness, fear. The knowledge of who we are, where we came from, what is the purpose of human life, how the responsibility of humans is much higher than other creatures, and what is going to happen next? When we stand at a high point, we see everything in the right perspective with great clarity. And then, there is no chaos. But who can give us the answers to all these questions, this holistic knowledge of the past, present and future of the world drama? Only the one who always stands at that high point and never comes into the cycle. The one who is always above and beyond the play of the world drama. And when He comes and gives us the right perspective and lights the lamp of knowledge, there comes the true light. It marks the beginning of the establishment of a new world order.

Each one of us holds so many memories of what has happened in the past. These memories are not just from this birth, but from the past so many births which have gone to a deeper level and have made our subconscious mind so heavy. We need the capability to understand what to remember and what to forget to become light. We often remember the wrong things. Deep in our mind, we carry the baggage of hurt and sad feelings, feelings of mistrust, feelings of betrayal. This makes our subconscious mind heavy, our intellect scarred. Sometimes to the extent that people can't even afford a good night's sleep without the help of some external medication. The reason of all this is that we have forgotten our true identity. We have forgotten who we are, who is our father?

On Diwali, traders in India close their old accounts and start new accounts. It's actually the closing of old accounts within the souls. All these uncomfortable feelings which are making us heavy. So, start a new account, a fresh one with the memory that we are all soul brothers, children of one father and now it's time to return to our original home.

When it's time to end any play, all actors shake hands and exchange good feelings, irrespective of the kind of part they played. They realize that it was just a play, just a game and when it gets over we forget the bad things and go home with a happy feeling.

We aren't only forgetting all these old bad feelings and unlearn the wrong habits, but we also prepare for the next round of play. We again learn how to act correctly. What is the right way to play the part and come into relationships. We practice a lifestyle of happiness and peace because we prepare to go to a world of Happiness, Peace and Purity. Just like a rocket needs a very strong propellant to push it into the outer space, similarly we need this propellant of a strong and powerful thought, that I have to change. I choose the life of peace and happiness. Only with my change will the world around me change. This strong thought of benevolence gives us the power to break this bondage of body consciousness and fly to the world of soul consciousness, where we are free and light, our capabilities are unlimited and life is enjoyable. It's not a burden, but it's meant to give us happiness just like children go down each day to play with their friends.

Turning from body consciousness to soul consciousness is as strong and powerful an experience as lighting a powerful bomb and we do fireworks on Diwali to symbolize this.

When the soul is completely enlightened with Godly knowledge, it marks the beginning of a new chapter. We close all old accounts of body consciousness and become light and loving again. We become truly soul conscious and attain our perfect stage. This is marked by worshiping and invoking Shree Lakshmi. Shree Lakshmi and Shree Narayan symbolize the highest stage or the stage of perfection that a human soul can achieve. They signify divine qualities of the soul. Shree Lakshmi is shown as always showering wealth and blessings. That is because when the soul is in a perfect stage, it's always giving, spreading love and happiness, sharing Godly gifts with all God's children. Our true nature is benevolence. We feel happy by making others happy.

This is how God teaches us to celebrate Diwali in its true sense which marks the beginning of a new world order.

Wishing you a very happy and prosperous Diwali

*B K Shikha
Pune*

THE LAST JOURNEY

What is the most dreaded fear that almost all of us have? A fear very deep in our psyche. No matter how much we deny it, but it refuses to leave us.

It is the fear of death. And how do we define death? Is it the process of changing the bodily costume by its owner, the soul? Or is it really the painful time that the soul goes through when it leaves the body and acquires the next one?

There was a time which is called Golden Age, or Satyug. The world at that time was called Amarlok or the land of immortality. Does that mean no one ever died? Or does it mean no one ever went through the pain of leaving a body and getting the next one. Changing the body is a natural process for the soul and is inevitable. What takes birth has to die one day. But what differentiates Amarlok and Mrityulok (land of death) is the mental state of the soul when it reaches that last moment.

Why does the soul experience pain when leaving the body? Often we spend our lives in a state of amnesia or semi consciousness. Somewhere inside we know the right and the wrong, but we keep suppressing that inner voice. We are driven by superficial gains. And by the time we reach our last stage, our balance sheet has more negative than positive. When it's time to leave the body, the soul has a deep realization of everything it did during its life span. It sees the whole life in a flash and if there is bad karma, it experiences deep pain and suffering. Leaving the body and then waiting for the next one becomes a very painful process. And even after getting into the womb, this suffering doesn't end. The soul experiences the feeling of being in a jail for the period that it is in the womb. This is why we often see mothers carrying a child go through intense mood swings and depression.

The soul is also deeply attached to the belongings, possessions and relations that it has built during its life span. That is another big cause of suffering. When it's time to leave, we are unable to detach ourselves from what we identify so deeply with. We never realize that one day we will have to leave all these physical belongings and relations and continue with our journey. This is like a passenger getting so involved in a side scene that he forgets where he was going and what is his destination. When we leave, the ones we leave behind also remember us with a lot of pain. And the soul catches these vibrations and feels pain.

In Satyug or Golden Age, all souls have a deep realization of their true identity and that everyone is just a co-actor in this unlimited drama. So there is no attachment to anybody or anything. In that age, the soul has a premonition when it's time to leave the body. And it happily does so. Everyone around is happy that the soul is getting a new body and the soul is also happy about the next phase of its journey. As the soul has a deep realization that it is on a journey and the people that we play our part within this drama of life are just like co-passengers on a journey.

This doesn't mean that there is no love for each other. In fact, soul conscious love is much sweeter than the body conscious love of Kaliyug. That love is free from expectations and there is just sharing of happiness with everyone around, including nature. There is no attraction towards some and repulsion from some others. But we experience deep Peace, Happiness and Bliss which is our own true nature. What happens outside doesn't affect, our internal state. This internal blissful state is also manifested in the nature, and everything is beautiful and pure. Even animals do not give pain.

The weather change, and we always prepare in advance for the coming weather. We didn't run to the shop to buy a sweater when its already chilly cold outside. Or run to buy an umbrella when it's raining heavily. We are prepared in advance because we know what's coming. Then why not have the same attitude towards the time when we will leave the body. Do we not know that it's as inevitable as the changing weather? Why not be well prepared for it rather than being taken by surprise and then going through suffering. The way to prepare for that last time is to check every day, what is it that I will carry along when I leave this body. The way we keep an account of our income and expenses, why not also keep an account of our balance sheet of karma. Out of all the actions that I did today, how much did I accumulate that will go with me, and how much did I accumulate that will stay behind. If today were my last day, what will I take with me? Am I aware of my unlimited Balance sheet or am I just carried away by the race of life, and following what everyone else around is running for?

Let's take a moment to think about it and lets prepare ourselves for the last journey of life.

Power of Talk

Youth think twice:

How are we utilizing our tongue? One of the most useful organ of the body. Tongue determines one's fortune. Right talk brings fortune and prosperity. The enmity and the friendship depend upon the words of the tongue. The tongue is useful to discriminate taste and temperature. The tongue is a sense organ, it's less sensitive than the eyes. Still, it is an invaluable organ. It is being told that the tongue has no bone, but it can break thousands of bones. One single order of a king or head of powerful country can initiate war, which can be devastating. It is the tongue through which a person commands or cries.

It is the tongue which makes relation sweet or sour. Why tongue is so important, the tongue can twist and twisting of tongue means change in relationship. Being a youth you may have misused it in name of sharpness, straightforwardness or strength.

This is the organ which is the closest to the soul, any thoughts generated in the mind start the tongue to express. Twisting of the tongue leads to different phonetics and sound, together they may create a lyric or noise. The tongue acts like cementing instrument or breaking instrument in family relations. Someone has expressed rightly: "it's the 4 inch organ the tongue which controls the 5 foot man. It excites or makes one unrest to eat, to drink or to taste. It is the tongue which makes one a "Vasmasur", the unending fire like appetite to grab. The greediness to taste, to eat and to binge which lead to gluttony at the end, it's bankrupting a person and derelict the physical body. Self-control, looking into the need of the body is essential.

The proper coordination of thought and the tongue can enhance the clarity of expression. Proper coordination makes one the best orator. The leader, actor and singer use this organ carefully to earn billions and trillions. The tongue is a symbolic representation of horror as we have been witnessing with Kali Maa.

Many have used this tongue for cupidity and used this organ for pleasure. This is the organ which has been either guided millions through knowledge or misguided the self and the society through its negative use.

Being youth, we need to understand the prosperity, the relationship and the success laying on the road of life depending upon the use of this tiny organ. It is the most flexible organ as well as the most rigid, what a contradictory approach!

It is all about the mind to decide how to regulate and to guide this organ of the body, within all the storm of thoughts, feelings, emotional blows and relational hazards. Success to manage, handle and control this important organ out of five important organs of the body determines your success and sweetness in life.

It is the tongue which is helping in singing the song of life. I am responsible for both physical and psychological taste of life.

Youth Wing, Brahma Kumaris
www.facebook.com/bkYouthwing
www.bkyouth.org



The mind that rests only on the surface of things will be tossed about in every storm. Let me dive deep to where peace can always be found

Appreciating My Life



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



2

1. Chandrikaben with Brigadier Arvind Kapoor, Armed Forces at AMA during NIC.
2. Social media meeting at Mira society, Pune.
3. World Students Day, Drawing competition at Hadapsar, Pune



3



4

Rambagh Indore during World Students Day
4. Candle lit in commemoration of Dr APJ Abdul Kalam

5. One minute of silence by students for Dr APJ Abdul Kalam.

6. Trainers BK Geeta, BK Bipin, BK Harish.
7. Training at Shantivan



6



5



7

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