

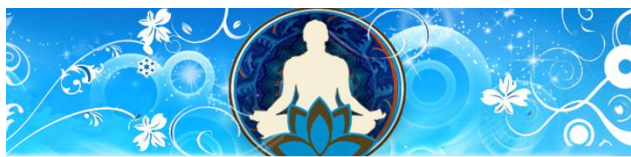
Shadow of large tree doesn't allow to grow smaller ones. They are not able to get sunlight and proper nutrients to grow and branch out. Similarly in youth life, we may be under shadow of sorrow. This sorrow or disappointment may be due to our mistakes, others' behavior, not getting things or achieving at moment of time or other reasons but one has to learn how to come out of this distress. The sorrow doesn't allow us to grow but suppress us.

Understand the people around who are trying to push out from the sorrow. One has to try oneself understanding the cause of sorrow and steps to get rid of it. We are very much aware about the infections around and we take relevant precautions also then why not for sorrow. Let us inculcate the knowledge & self-understanding that what are the circumstances, situations, moments when I am not feeling well and learning to deal with or not allowing the situation to create it. Let us meditate, take others' blessings by act of goodness, talk with your self and create joyful life for self and others.

**BK Chandrikaben.**

Editor, Youth wing Newsletter,  
National Co-ordinator Youth Wing, RERF.

**“Rise above the shadow of sorrow”**



## Reflection & Realization

Where there is humility and self-respect, it results in selfless service.

### **Expression:**

When there is a combination of humility and self-respect you become a giver. Your humility enables you to put others forward and your actions will be ones that give happiness to others.

### **Experience:**

When you are involved in some major task remind yourself of your humility and give the ones around you a chance. When you put others forward you will be able to ensure your own progress too along with that of others.

## Meditation

Though the mind often asks for what is visible or material, its needs are deeper and cannot be met by anything superficial or short term. Meditation leads to a meeting point with all that is true and eternal.



What should we remember, and what should we forget? Forget the past --- even the past that just happened 2 minutes ago. Remember, “I am a soul”. Then my actions will be influenced by peace, love and humility. The experience of inner peace is like glue that puts back together all the broken pieces that make us peace-less.

Replace the words "I have to" with "I choose to" and notice the difference in how you feel.

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

## Inside...

**Children are innocent**

*Protect their Billion dollars  
Flawless Character*

Page 2

**Computer and  
Virtual world**

Page 3

**Life skill  
Education camp**

Page 4

# Children are Protect their Billion dollars Flawless Innocent



Children are like the angel, they do not understand different religions, and they are the true creation of God. They are free from the negative thoughts; they are peaceful, pure and righteous. Their eyes are pure. Their thoughts are harmless. Their smile spread fragrance of purity and happiness. But in the present world they are unsecured as they are untouched they are easy prey to the evil tactics. As they are innocent, they can be easily duped. Child abuse has increased sharply in the past few years. Divorce cases have increased their pain. Everyday we listen to many such incidences. What is the fault of a child?

Youths are examples in front of children. We all have children around us in one form or the other who looks at us with a hope, helping hand, care, love, friendship, guidance. I have seen youth doing volunteerism by teaching unprivileged children, helping them in getting medical treatment, taking them out from the laborious work, helping them getting rid of their bad habits, donating blood for them, doing community service in their neighborhood and of course in doing homework. All is, what we have received when we were children should be given and pass on and try what we failed to get during our childhood should also be arranged. It was coach Gopichand who trained P V Sindhu who storms into the women's badminton final at the Rio 2016 Olympic Games when she was child. Let us identify children around us helping them to grow and branch out.



## To be a giver is to experience constant happiness

Sometimes we find ourselves in situations in which we try to make others happy, even though in doing so we neglect ourselves and experience sorrow.

We often do things for the sake of others, even though it is difficult. And if this gift is not recognised or appreciated we tend to get upset. I will experience the greatest happiness if I give without expecting anything in return. I have to learn to give wisely. When I give with a pure heart I will experience happiness and make those around me happy too.

@thoughtfortoday.org.uk

## Self-sovereignty

Subservience to my negativity is a very precarious existence as I can never be sure how well I will handle a difficult situation. With practice it is possible to create appreciative and compassionate thoughts; then I no longer need to indulge in resentment, bitterness or dislike. Training myself to react calmly and wisely offers enormous dividends. Let me talk to myself silently with love and encouragement, balanced with firmness, and like the wise old sovereigns of fairy stories, let me rule the inner kingdom of my mind with benevolence.

## Self-respect

Self-respect is not a matter of what you are doing in your life, but rather of how you are doing it. It requires that you bring quality and virtue into each action, whatever that action may be.

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

Where there is  
patience, there  
is peace.  
Where there is  
peace, there is a  
whole new  
experience of  
what it means  
to be human.

THE SUSTAINABLE DEVELOPMENT GOALS  
**BUILDING BLOCKS  
FOR PEACE**

INTERNATIONAL DAY OF PEACE  
21 SEPTEMBER 2016  
www.un.org/en/observances/peace-day

Youth Wing,  
Brahma Kumaris  
@bkyouthwing



# Computer & Virtual World.

## Is it Fun or Fatal?

The world is changing continuously, rather technologies are evolving. It has changed the human life. The world is becoming more integrated, you can connect one person in a fraction of a second. But it seems we are far from our near and dear. The physical proximity is losing its relevance. Many of us do not know our neighbors, sometime we do not have time to talk to our members of family . People are getting connected to a person who is thousand kilometer away, but hardly talking to a person living with him. The virtual world has conquered the real world. Anyhow it is good, virtual connectivity is also reducing the cost.

The virtual world is funny, entertaining and informative. The IT helps a saint as well as a sinner to have a virtual experience of his desire. The virtual experience is good to understand the actual reality. Scientists and researchers are experimenting and understanding the actual reality through the simulated exercises. But there are a group of persons who are misusing this media to spread evil in the society. And teenagers are the easy prey to such tactics. A few elders also do not understand the cost of losing their moral values. Rather, I will say people are getting addicted. TV is like TB if misused or overused otherwise can be panacea . Electronic world may be virtual but the misery is actual. For the sake of immediate fun do not end your life in endless misery. Let us create rather a world of virtues.

## Inspirations from Dadi Janki

### Powerful influences on your life



Dear Friends,

Om shanti. There are three things that have a very powerful influence on your life:

- As is the food, so is the mind
- As is the company, so is the colour
- As is the water, so is the speech

When we remain in God's company, the atmosphere becomes spiritual and others benefit from that atmosphere. Dadi has paid a lot of attention to using breath, thoughts, and time in a worthwhile way.

This is why today you all experience elevated feelings when we are together. Each of us has to do this so that we can enable others to have deep feelings of love. Do not waste a single breath, thought or second.

Times are such that we cannot afford to be slack in any way – even with our breath. Create such an atmosphere of remembrance that it is filled with loving feelings and faith. By doing this you receive spiritual power and you serve the world.

With love,

BK Janki



# 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.



Invitation for "All India Youth Festival" in Delhi was also given which he promised to consider, Delhi, From left BK Kruti behn, BK Asha Didi, BK Chandrika behn, Hon'ble Prime Minister, BK Brij Mohan bhai, BK Sunil bhai and BK Ashok Bhai



Warangal, Telangana



Singrauli, Madhya Pradesh



Davanagere, Karnataka



Jabalpur, Madhya Pradesh



Churu, Rajasthan

Join us..



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

Learn to meditate, for information about free Rajyoga meditation courses, Visit [www.brahmakumaris.com](http://www.brahmakumaris.com)

For more information about youth activities, please visit [www.bkyouth.org](http://www.bkyouth.org)

Join us on Facebook

<https://www.facebook.com/bkYouthwing>

Write us at, [newsletter@bkyouth.org](mailto:newsletter@bkyouth.org)

