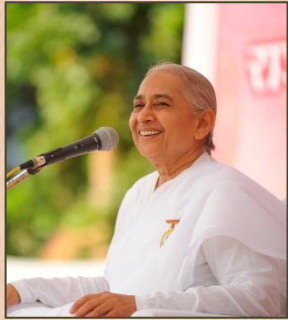


Looking at the self in the mirror of knowledge



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

Every day, we check our looks into the mirror according to an event, an occasion, the time, any situation. We keep cosmetics and other make-up kits which would help us look good on our dressing table.

We should look the inner self in the mirror of knowledge. Am I happy? Have I reacted properly to a specific situation? Am I radiating, smiling, cheerful? Am I going in the right direction I thought about? Are my thoughts, words, deeds in line of humanity? You will be amazed on what one can see in the mirror of knowledge.

But not only seeing is enough. The way we apply cosmetics to look beautiful, we need to feed the inner self with good thoughts, to make efforts to correct our character, to take steps towards the right direction to look beautiful internally.

Spare time to talk to the world's best person - YOU.

Diminishing the dilemma

To choose engineering or pure science? To go for accountancy or law? Should I hear my parents, friends or my voice? I have three options for job, which one should I choose?

Taking the right decision at the right juncture of youth life is important, mainly in relation to our career. There used to be a tug of war within the ambiguity of what to do and what not to do. The decision depends upon the belief system, the knowledge and the past experiences. Many times, one gets influenced by other's ideas or suggestions. When one is confused, one gets easily carried away by the decision of others.

To reduce the dilemma in our life, we need a clean and clear mind. Definitely, before taking any final decision for either a family matter, one should consult for further analysis, its family members or a corporate or an organization, the members of the organization. [Continued on page 3](#)

Twelve great teachings of Swami Vivekananda

12th January declared as National Youth Day! | Tribute to Swami Vivekananda



1. We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.
2. You cannot believe in God until you believe in yourself.
3. You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.
4. Talk to yourself at least once in a day. Otherwise, you may miss a meeting with an EXCELLENT person in this world.
5. Anything that makes you weak physically, intellectually and spiritually, reject as poison.
6. All the power is within you, you can do anything and everything. Believe in that; don't believe that you are weak, stand up and express the divinity within you.
7. Strength is life weakness is death.
8. The whole secret of existence is to have no fear, never fear what will become of you. Depend on no one. Only the moment you reject all help are you freed.
9. The more you think of yourself as a shining immortal spirit, the more eager you will be to be absolutely free of matter, body and sense. This is the intense desire to be free.
10. You are the creator of your own destiny.
11. Each work has to pass through these stages - ridicule, opposition, and then acceptance. Those who think ahead of their time are sure to be misunderstood.
12. The uplift of the women, the awakening of the masses must come first, and then only can any real good come about for the country, for India.

Inside...

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Diminishing the Dilemma

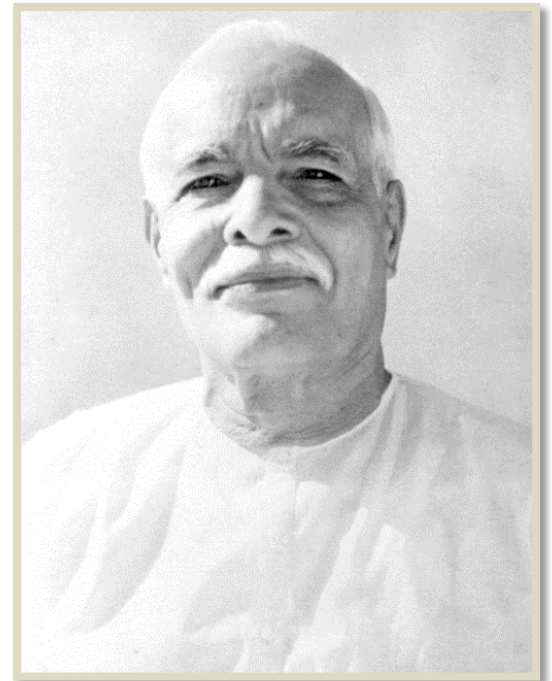
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Make your youth days sweet: With the teaching of Avyakt Brahma

1. Youths are the backbones of a nation and the agents of transformation. Youths are responsible for the creation of heaven. Youths are having both physical and mental energy. They just need a direction and a vision.
2. In this world, the energy of youth is mismanaged for strike, howling and destruction. Same energy can be directed for construction, peace and prosperity.
3. Youths who are bachelor or unmarried are free bird; they can rise to any height. They can fulfill any target or goals, but the only thing they should be virtuous. Youth free from attachment is just like an angel who can fly anywhere at any time to serve the world. The attachment towards places, possessions, property and person creates bondages. Bondages are in the mind, bondages are in the form of negative habits and relations, and one has to just rise above it. Youth who has conquered them are the true Brahmins, they are the true followers of Brahma.
4. Youths with absolute celibacy are just like Hanuman, filled with tremendous power and divinity and they are the right hands of God.
5. Youths who are pure, truthful and simple are the real saint or innocent. Such youths are also an attraction of Maya (Evil Force), therefore such youth should also be careful and cautious to protect their good qualities.
6. Youths are matured and sensible, just they need to be essence full, filled with divinity. They are no more like children or adolescent who can be allured with pretty things.
7. It may be players, actors, kings, scientists or artists; it is the youth, who have been dominating across different domain. From time immemorial, Laxmi and Narayan are also youth but virtuous, pristine and meticulous.
8. Youth days are the right phase of human life when one can earn knowledge, consecrations and blessings. This is the time when one has tremendous physical and mental energy to transform their own old resolves, nature and tendency. With age, the body and the mind may not support such changes, it may become almost impossible.
9. Youth should be aware of karmic accounts. Lust and anger are the two most heinous enemy. Even in the Mahabharat, we have heard Krishna guiding Arjuna: "Lust is the deadliest enemy for an individual". And Arjuna was also a youth.
10. Energetic youth with equanimity and calmness is just like "Yudhishtir" who is stable within the "Yudh" or war. Youth with unshakable faith in God and self-confidence can challenge the Ravana (combination of lust, anger, attachment, greed and ego). He is just like Angad.

Brahma Baba the corporeal medium of Shiva Baba left his mortal body on the 18th January 1969 to start his subtle or avyakt role. Avyakt Brahma Baba and Supreme Father Shiva Baba have been giving guidance with their precious words through the body of Gulzar Dadiji. The month of January popularly celebrated by the Brahma Kumaris as "Avyakt Mass" or Avyakt month with tyag (sacrifice), Tapasya (meditation) and sewa (service). Across all the Brahma Kumaris center and at the headquarters, there are positive vibration, an atmosphere of a high level of divinity, blessings and realizations.

This is the month in which with little effort one progresses fast in Tapasya and self-transformation. This is the month of attainment and success. This is the month of blessing when one achieve one's goal and desire with little effort, sacrifice and endeavor. This is the month of love, when Prajapita Brahma, the Father of humanity fills his creation with unconditional love, affection and care. Take this month as a starting point for a fast and obstacle free effort to attain your goal as fast as possible, because time is giving its indication.



“निराकारी, निर्विकारी और निरअंहकारी”

18th January, Avyakt Divas of Brahma baba

Reasons that kill our zeal and enthusiasm

Is our life being towed by the surrounding situation? Are we living a demotivated life? In youth life, zeal and enthusiasm is like a breath, you cannot survive without breathing. Motivation is like the wings of a bird without which one cannot fly. One has to learn the art to keep the self in high spirit. One should know the reasons that bring us down.

Following are the points that bring us down, that kill our zeal and enthusiasm.

1. **Absence of attentiveness:** The soldiers at the border are always attentive and alert in every manner. They may be attacked from any direction, but they are well prepared and well trained. The same way, if we are not attentive and alert, negative thoughts, acts and deeds can destroy our zeal and enthusiasm. Let us protect the self with positive thoughts, good wishes and good acts.
2. **Comparing the self with others:** One should not compare oneself with others. Everyone is unique. Everyone DNA, thumb impression is different. Let us appreciate, admire and acknowledge uniqueness in the self & others. I am unique, no-one can play a better role than myself in my area of expertise.
3. **Questioning:** Why bad things happen to me, why my role in this world drama is not good. Most of the time we are not happy with what we have and what we do. We keep on questioning things around us. Most of them are beyond our control. For example: the ice fall in Kashmir, which resulted in chilled temperature at my place.
4. **Worry & Fear:** Fear and worry are seeds that destroys zeal and enthusiasm. No failure is defeat. One should not fear or worry from failures, learn the lesson from it and move ahead.
5. **Low self-esteem:** I am not capable of doing things. Inferiority Complex and low self-confidence demotivate us, dampen our spirit and energy.
6. **Carrying the past:** We are carrying forward our past. We should delete or remove from our memories the things which were not in tune with us. Learn to forgive and forget the self for some misdeeds and mistake, and move forward.

Not only one should keep zeal and enthusiasm, but also learn on how to bring others in that. We always love people who motivates us. So, let us play the role of a motivator, encourager and inspirer. There is acute shortage of such personality. Let us develop this good quality to infuse passion and motivation in others.

(Extract from the speech of BK Sheiluben Ji, a senior Rajyoga Teacher, Brahma Kumaris - Mount Abu, Rajasthan at Ahmedabad on 07.01.2017)

Diminishing the dilemma

There may be some situations where one may not be able to take the right decision, due to the limitation of knowledge, experience or information. In such situations, one should consult one of their faithful seniors otherwise maintain patience. Because such ambiguity kills one's mental ability. The enemy for the right judgment or decision are doubts, suspicions, assumptions and ambiguity.

The mind when under the influence of vices is always irrational, and it suffers from anxiety. When a person doesn't have the ability but keeps on developing higher aspiration, usually suffers from anxiety. Not having the ability or having higher aspiration is not bad, but not striving hard to develop our own ability is wrong. Dilemma entered into the life of person when the person lacks the willingness to work hard. Dilemma can be removed through knowledge, virtuous life.

In the epic of Mahabharat, we can see Duryodhana and his father Dhrutrashtra always in dilemma, in spite of having wealth, kingdom and huge arm force. Because the vicious, self-centered, pleasure seeking and insincere person gets trapped within the nest of their own dilemma, they destroy their own and others life.

The solution is meditation which helps one to reduce the dilemma by aligning their thinking process, their psychological and physical energy for higher goals which make one's life meaningful and beneficial for millions.

Faith moves mountains! The Pandavas were having unconditional faith in God, though they were facing problems, paucity and pain. They remained confident, happy, motivated, united and victorious.

In building career, the first basic thing is to get above the dilemma of what should I do in my career. Listen to your inner voice, cross check your ability and education. Sometimes, if you may not realize your own strength, then consult your mentors, your seniors and get out of this whirl of dilemma. Arjun was not aware of his own strength and skill, someone made him realize them. Both Brian Lara and Sachin Tendulkar got someone who could guide, motivate and inspire them to awaken their sleeping talent.

In life, we need good persons, parents, good wishers, good deeds and blessings to break the barrier of dilemma. We need concentration, self-contemplation, deep introspection and silence of the mind to touch the truth. We need peace and stability of the mind, otherwise a wavering mind acts like a monkey jumping from one branch to another.

Great men are clear about their goal, their vision and their objective that is the reason they are indomitable. Because they are focused, they save their energy, their time and their strength in fulfilling their aim. Dilemma discharge or leak our own valuable energy. Dilemma kills time, resource and relation. We can see how our Prime Minister Narendra Modi is leading our country with his strong commitment, conviction and courage. He is confident and clear about what he is doing.

Let us start a happy, purposeful and precious life with full confidence, commitments and clarity and say goodbye to dilemma and ambiguity.

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. Sanman Patra to BK Shobha, Goa (Youth Wing committee member) from Mr. Milind Dahivale, Chairman, Central Human Rights Organization.

2/3. Session on personality Development at Leadership camp for NYK coordinators, BK Jitu Bhai, Sirohi Rajasthan.



4



3

4/5. National Youth Day celebration at Swami Vivekananda Govt. Model school, Sirohi, Rajasthan, BK Jitu Bhai.

6. Validatory session life skill education camp, Dadi Ratanmohini ji, Honorable MLA- Revdar, Bharat bhai, Aburoad.



5

7. National Youth Wing committee meeting, Mahadev nagar, Ahmedabad



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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

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