



YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF APRIL 2013

AIM: A happy mood and lucky

Avyakt Baapdada said on 22/03/2013: "The face of the fortunate ones are always lucky and in a happy mood. Therefore, everyone should check from amritvela till night if he /she did stay in a happy mood and feel lucky? Our happiness should never diminish. Baapdada saw that many children stay in such a happy mood that the others change as well. Baapdada wants that each child always flies in happiness. No-one has the happiness of munificence. You know this, no! Whatever other things one gives, it diminishes, but giving happiness to anyone, will it reduce or increase? So, you should never leave such happiness that always raise. Whoever sees your face, they find you always in a happy mood."

So, let us give away the word 'sometimes' (happy) and put into practical the word 'always' (happy). Baapdada prefers the word 'always'.

Method:

WEEK	INCULCATION OF DIVYA DARPAN (DIVINE MIRROR)
First	Wah! My fortune, wah!
Second	Wah! I, wah!
Third	Wah! Baba, wah!
Fourth	Wah! My sweet brahmin family, wah!

1. Wah! My fortune, wah! : How great my fortune is that God Himself has made me His! In this way, whatever experience you had of your fortune, write it down.
2. Wah! I, wah!: Have the experience of the svamaan you have received after becoming Baba's. Stay in the intoxication of the specialty you did not have before which developed after coming in gyan.
3. Wah! Baba, wah!: Experience at all times the help, the company, the powers of Baba and praise Baba. Have the experience that how Baba being karankaravanhar makes us do the karma.
4. Wah! My sweet brahmin family, wah!: In the whole cycle no-one will ever have such a great brahmin family that I have received. Such a great and beautiful family in which each member is double crowned. Know everyone's specialty and importance and accept it.

Churn on the aim of every week, and write down a minimum of 10 lines. Then for the whole day, practice to stay into that intoxication and also speak it out from the heart. This will be the practice for the month instead of daily svamaan.

In your frame book, write in four/five lines the following by checking the result and record them before going to bed.

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| 1. Good morning - 3.30 am | 6. Did you read the Avyakt Murli? - Yes/no |
| 2. Amritvela in Baba's room- 3.30 to 4.45 am | 7. The consciousness of self respect – very good |
| 3. Physical exercises/walking - Hanji | 8. Evening yoga - Hanji |
| 4. Traffic control - 5 | 9. Happiness – 50% |
| 5. Murli class - in class | 10. Good night - 09.30 pm |

- ❖ During this month, we are specially going to wear two bracelets of maryadas (Godly principles):
 1. To stay happy at each moment.
 2. To create an atmosphere of happiness.

❖ **Practice:**

Through the mind do past is past (ho - li) to whatever happens and become pure (holy).

During the first week of each month, fill in a post card and send it to the office of the Youth Wing at 7, Mahadevnagar Society, Opp. Aakar Complex, Sardar Patel Stadium Road, Navjivan, Ahmedabad-380014

Phone No: (079) 26444415 / 26460944 Mobile: (+91) 9427313773

Email: bkyouthwing@gmail.com Website: www.bkyouth.org

Name: **Center's name:** **DiDar No.**
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Good Morning: 90%

Physical exercises/cycling: 80%

Murli Class: 90%

The consciousness of self respect: 75%

Happiness: 50%

Amritvela: 75%

Traffic control: 90%

Evening Yoga: 80%

Did you read Avyakt Murli: 80%

Good Night: 95%

Signature Of Teacher

Chart : OK / ✗

I wish to join the Maryada Purushotam Group: