

Youth are the assets of the world, therefore never ever think low about yourself or friends, colleagues. You should build your own strong foundation in order to be consistent for the time to come. You may not be doing anything now, but you will be doing in the near future. Today you are working for yourself but tomorrow you will be working for the world, for the people and for the society around you.

List out the things you want to do for your friends, family, society, country Irrespective of your capacity. Your capacity will enhance in the time to come as you are a master creator. Create and design your own life and the surroundings. Never allow to waste your asset.

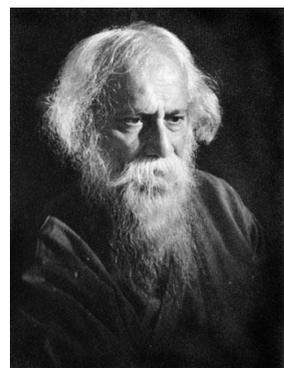
I feel the biggest asset that youth have is 'time'. Always respect this asset. Plan each of your minute. Never seat idle. And you will be the asset to the world. The world will start looking at you in a different angle. Always remember, you are a valuable asset to the world.



**BK Chandrikaben.**

*Editor, Youth wing Newsletter,  
National Coordinator, Youth Wing-RERF*

***“You are a valuable asset to the world”***



Everything comes to us that belong to us if we create the capacity to receive it.

Faith is the bird that feels the light and sings when the dawn is still dark.

Rabindranath Tagore  
1861-1941

**May 7 | Birth Anniversary of Rabindranath Tagore**



**“Have Commitment and Get Accomplishment”.**

**Pure thoughts have remarkable power: plans made in a state of benevolence are blessed with success.**



Youth wing salute to all the wonderful mothers of the world.

**Happy Mother's Day**

Your Smile Brightens Each Day Just As The Morning Rays Shines On The Hills And It's With Doubt That This Gives Us The Courage To Face The New Day With Joy.

*You Are So Special To Us Mother....*

Youth Wing, Brahma Kumaris  
[www.facebook.com/bkYouthwing](https://www.facebook.com/bkYouthwing)  
[www.bkyouth.org](http://www.bkyouth.org)



With zeal and courage you have brought and fought for us that we can share in love bound with togetherness. You are so special to us mother.



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*(The young lady who is the Benchmark of “Purusharth” and Purity)*

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## Jagadamba Saraswati (Mamma)

(The young lady who is the Benchmark of "Purusharth" and Purity)

A mother's sacrifice, love, teachings and nourishment are unforgettable.

I have been seeing the photographs of Mamma "Jagadamba Saraswati" since my childhood; my mother has been telling me about Mamma as "the instrument of God who was responsible in clarifying and simplifying the knowledge of the Supreme Father Shiva".

She has been a guide to millions to live a virtuous life. Mamma was pure in her thoughts. When at her age, youngsters are fighting against negativity on the level of words and actions, she had already conquered lust and anger. There was no trace of impurity in her eyes. Her face has inspired many to be compassionate and faultless. People say that maturity come with age and experience. But in Mamma's case, it was different.

My study and knowledge of the world drama is dedicated to the "Goddess of knowledge". Some of the concept of Time and the Law of nature that I could not understand, this one small book called "Gyan Vina" interpreted by Mamma explaining so nicely the simplified knowledge about God and the World Drama, changed everything. I got the clue o the mystery of life, God and Time from that book. It was awesome, amazing!!!

I tried my level best to copy the life of Mamma in terms of punctuality and the practice of a Godly life. The more I tried to match her with speed and accuracy, the more I realized that it is simply unmatched; she is the World Mother, "Jagadamba Saraswati". She is the benchmark of virtues and a pious life for time to come. Her approach, her efforts, her understanding, her behaviour and her logic were simply great. It needs tremendous energy, commitment, dedication, tolerance and accuracy. The determined, fearless and wise Jagadamba has liberated the suppressed, the oppressed and the neglected women to teach them how to lead a life of freedom, dignity and honour. She has liberated them from the shackle of vices and slavery. The way she fought to justify women's rights with the judiciary power and the law is recorded in the literature related to the history of Brahma Kumaris.

The Brahma Kumaris' Spiritual knowledge is backed up by the rationality, the logic and the reasoning together with a vicarious learning and Jagadamba Saraswati (Mamma) is the practical example. Radhe was 17 years old when she came to Om Mandali in the year of 1937. She consistently topped in her studies during school and college education. She was an excellent singer, an artist. Her spiritual insight and sacrifice made her the world Mother and she was named as "Jagadamba Saraswati" by God Shiva. She could follow all the Godly directions. She was never guided by her emotions, she was always rational. Despite her illness, as she had cancer, she never gave up Amritvela Meditation and Godly Service. Mamma left the corporeal body on the 24<sup>th</sup> of June 1965. Coincidentally UN has declared the 21<sup>st</sup> June as the World Yoga Day.

So if she could do, why not you and me. Let us try. Let us learn from her the logical thinking and the churning of knowledge. Let us strive to have a wonderful life driven by values and spiritual intelligence, along with our educational and professional career.. Let us start a new chapter of Rajyoga in our life.



# Good Relations Lead to Good Earning

Few days back, I attended a seminar on Business Development. The summary was that for business growth one need to have good relationships with the customers as they can bring ten others. If earning money is in mind then sometimes it does not give satisfaction to the client and that creates bad relations, bad health and thus wrong priorities. Today, if we are able to see a bigger perspective we realize that **“MONEY IN MIND”** is the cause of bad relations leading to loss of money. Just see how our behavior change when interacting with a person ready to give a lot of money or having a lot of money and others having less money. Thoughts of money have superseded our good behavior for all. So we must convince our mind to give up the thoughts of money rather have good relationships.

If our relations are good then following things will be positive:

**Time** – We will have many helping hands due to good relations and lots of time will be saved.

**Character** – If we give importance to good relations then our character will become good.

**Knowledge** – If our objective is good relationship then our quest of knowledge deepens. All the successful people around us have very good relations and they know how to interact with others.

**Health** – Good relationship with your own body will never lead to bad health. Ignoring is a sign of bad relationship.

**Mental peace** – Listening to your own mind develops good relation with your real self and it rises mental peace.

**Happiness** – Good relations bring happiness.

**Skills** – Happiness broadens our mind. Our learning capacity increases. Our good behaviour motivates others to help us. We learn many things just due to our polite, egoless and truthful behaviour.

**Virtues & Powers** – All the divine virtues and powers emerge from within if our objective is to satisfy everyone around us, including the Almighty Authority.

**Money** – If you are skilful, polite, of good character, healthy, dexterous, full of knowledge, money will come behind you like a shadow which comes naturally behind you when you are facing the sun.

Wherever you are, in whatever bad conditions you are, your life begins to change when you start working upon your relationships. Communication is the best tool for good relationship development. Communication to God is called Rajyoga. Your relationship with God helps you to have better relationship with your mind i.e. yourself. It is very rightly said – Your belief in God does not tell about God but it tells about you. The self is very much connected with God so knowing God and knowing yourself becomes the lessons of the same subject. In order to have good relationship with the self, you must have good relationship with God. The soul never appreciates a thing done by the mind which is against the teachings of God. Good relation with the self as we know is the foundation of having good relations with all. If I do not have good relation with my boss or with my father make sure I do not have good relation with my mind. I do not love my mind that is why I have hatred for others around. We need to check and then communicate it to God then only we can be rich spiritually and financially.

B.K Vibhor

## The Puzzle



### Elevator Puzzle

A man works on the 10th floor and always takes the elevator down to ground level at the end of the day. Yet every morning, he only takes the elevator to the 7th floor and then walks up the stairs to the 10th floor, even when \_\_\_\_\_ in \_\_\_\_\_ a \_\_\_\_\_ hurry. But he will go all the way to the 10th floor when others are in the elevator with him or on a rainy day. Why?

### 10 - Digit Number

Find a 10-digit number where the first digit is how many zeros in the number, the second digit is how many 1s in the number etc. until the tenth digit which is how many 9s in the number.

Answer @ page 4



# Not Last Laugh, Start Laughing

*Understand the Equation of  
Everlasting Happiness*

People are worried about life and more, about the last laugh. Laugh is the solution to many problems; one should learn to smile like a child absolutely innocent and pristine. All of us like smiling faces and a smile does not cost anything. Smiling within the problems needs courage, tolerance and understanding. The dance of the mind is more important than the physical dance. Inner happiness is more important than the outer happiness. Happiness is directly related to the balance of life and mind. Man with emotional balance is happy and stable. Balancing need the power of concentration. If we write  $A \gg B$ , meaning A depends on B. When we say everlasting happiness depends on the balance of the mind, we denote it as everlasting happiness  $\gg$  balance of the mind.

Everlasting Happiness  $\gg$  Balance of Mind  $\gg$  Power of Concentration  $\gg$  Effort and Practice  $\gg$  Knowledge and understanding  $\gg$  Churning, analysis and experimenting  $\gg$  Listening, Studying, Reading and learning  $\gg$  Sacrifice.

Above diagram clearly shows the connectivity between happiness and sacrifice. There is a chain of consequences. When you sacrifice a short term pleasure by learning and studying, one needs to devote one's mind, body and time for reading, studying and learning. Learning needs a fee in term of tuition fees or admission fees so monetary and non-monetary sacrifices are important.

Leading in life is directly proportional to learning. So, there is a chain of reaction to be ever happy. To be happy is easy, remaining happy forever needs balance between life and emotion. Most of the time, man lose his emotional balance and get confused. I have seen it is very difficult to identify the cause of imbalance of the mind. There is no literature, there no education and practical demonstration. There are people who are emotionally strong and balanced. It is not impossible to have everlasting psychological balance, but it needs attempt and effort, in spite of continuous failure. One thing is clear, one cannot learn to ride bicycle just by observing someone riding. Balancing come through effort and practice. It needs constant enthusiasm to keep on attempting even after repeated failure. Analysis and experimentation enhance our understanding and knowledge and our understanding keeps on guiding us to try again and again. Most important thing is that knowledge enhances our power of concentration through understanding and practice. There is relationship between knowledge and concentration as they are both interdependent.

### Elevator Puzzle

He is too short to reach the "10" button. But when others are with him, he can ask them to push the button for the 10th floor. And on a rainy day he has an umbrella, so he can push the button using that.

### 10 - Digit Number

6210001000



1

## Youth Services

1. Group of youths at Korba, Chattisgarh
2. Ignite the Youth Medical Camp at Gurla Mandal, Vizianagaram, A.P
3. Taking oath for cleanliness campaign at Bhadra, Rajasthan.
4. Children of Divya Nagari looking at a puppet show on cleanliness at Navrangpura, Ahmedabad, Gujarat.



2



3



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### Join us..



### Youth wing, Rajyoga Education & Research Foundation

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