



Time is a very important factor in our life and we don't know how long we will live, but one thing is for sure, we have to fulfill missions of many areas.

A balanced mind creates wonders therefore we need to balance many things in our life as for balancing the mind and the intellect, balancing emotions and intelligence, balancing love and law, balancing our personal and social life, balancing day and night. At present, we know that due to circumstances and the influence of other people, we are unable to balance life. Which results with the feeling of wanting to do but not being able to do and we are sorry, nervous and depressed.

If we want to come out of this situation, we need to make a daily, a weekly or a monthly planning. Planning help us to set the thoughts of the mind.

And when we sit for planning, we need to consider mainly four areas of life.

- Our health by taking food at the right time, having a good sleep, doing exercise, having a full body check-up.
- Our mind power by meditating, or praying or taking the time to read good literature like autobiographies of inspiring personalities.
- Our working area: it may be study, job, business or whatever.
- Our family and society as a whole, our parents, brother-sister, wife, children, friends etc.

None of these areas can be neglected otherwise, it will create leakage or cracks through which our energy will drain and in order to stop these, two important qualities one should practice is Presence of the Mind and Awareness. So my youthful spiritual brothers and sisters let us start our journey towards new horizons with balanced mind, loveful heart and healthy living.

BK Chandrikaben

Inside ...

Youth
Freedom &
Religion

Rajayogini
Dr. Dadi
Prakashmani Ji
Role &
Appearance

Hobby as
profession or
profession as
hobby

Inspiration 2
Youth Retreat

➤ **World's Oldest Olympian at 71 and Who is Older than Him as a Medal Winner Olympian:**

Qualifying for Olympic and representing the country like Japan in Olympic is not an easy task. Hoketsu, the same as Brazilian Pele, undergoes daily muscles toning session to maintain his core for the rigorous demand for the equestrian (horse riding).

The German based rider, Hoketsu who first competed for Japan as a 23 years old show jumper at the 1964 Tokyo Olympics. Till date the oldest Olympian is Oscar Swahn, a 72 years old Swedish shooter who won a silver medal at 1920 Antwerp Game. It is all about determination and positive lifestyle, happy and jolly mind. We used to keep on finding Olympian at early age but successful Olympian at late age is rarest of the rare.

Learn and Live *
Before you talk, LISTEN
Before you read, THINK
Before you criticize, WAIT
Before you Pray, FORGIVE



"Give regard to every soul "

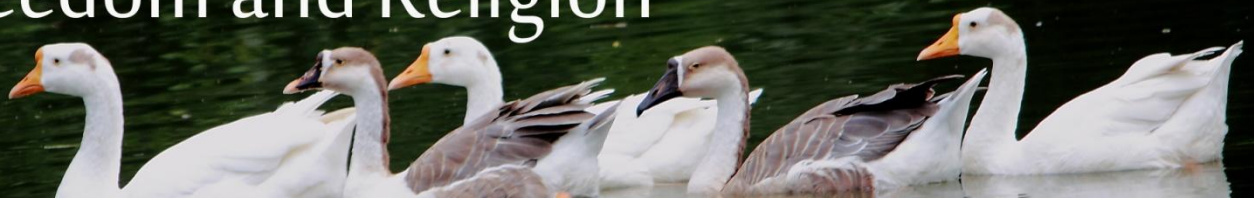
Because you recognise that everyone is of unique value, you give regard to every soul by never comparing it to another.



"Spiritual power gives you the power to choose creative thinking rather than automated thinking, response rather than reaction, peace, love and harmony rather than stress, conflict and chaos"

"Raja Yoga Meditation is a method of relaxing, refreshing and clearing the mind and heart. It helps you look inside to rediscover and reconnect with your original, spiritual essence. Meditation enables an integration of your spiritual identity with the social and physical realities around you, restoring a functional and healthy balance between your inner and outer worlds."

Youth Freedom and Religion



The blind faith or illogical proposition by the religious protagonist has made the youth mind rebellious and atheist. Religion, in the nascent form, has guided human civilization and has helped to maintain rules, regulations and principles in the society, but with time, it has taken the form of blind faith and rituals. The most influential philosophers and scientists who had challenged the religious faith and changed the society through their revolutionary ideas were Sigmund Freud, Charles Darwin, Nietzsche, Pavlov, Adam Smith, etc.

As per Sigmund Freud, most of the problems that have occurred in society and in personal life are the outcome of suppressed desires and the urge of the subconscious mind. The unconscious desires come to the surface of the mind in the form of a dream. The social restriction and self-restraints are the cause of abnormalities. So, he had directly or indirectly attacked the social stigma, the religious restriction and the human disciplined life and he had tried to bring a behavioral and psychological freedom. Charles Darwin hypothesis of natural selection in the evolution and the doctrine of "survival of the fittest" influenced the European leader to fight for might. As his position "Good" or "Bad" were defined only in the term of ability to survive. As per some modern philosophers, if you are surviving, in whatever way, then you are good and those who are perishing they are bad, even if they do something good.



As per Nietzsche, the virtues like humility, non resistance are the pity of the weak and incompetent. He insisted on: "surviving is not the only objective of the human generation but rather to survive as a powerful and influential man".

As per Adam Smith, the famous economist, each and every trade and commerce used to be guided and driven by self-interest. Human acts are driven by physical or emotional gains. He said: "it is not from the benevolence of the butcher, the brewer or the baker that we expect our dinner, but from their regard to their own interest".

The lesson we learn from the Brahma Kumaris World Spiritual University is to be logical and accept spirituality through reasoning and self-realization. It has taught us self protection and protection from the world.

As per the Brahma Kumaris: "if someone slaps on one side of your face do not allow him to commit sin by showing other side of the face, protect yourself". The achievement of self-interest lies on satisfying the positive interest of the world, through the process of self-transformation and positive thinking. It has been offering true psychological, physical and social freedom through the practice of a Pure, Selfless, Unconditional and Universal Love.

Shiba Prasad (Asst Professor at D.Y. Patil Institute at Pune, B.Sc (Physics), PGDM, pursuing PhD from Aligarh Muslim University).

Rajayogini Dr. Dadi Prakashmani Ji (1927-2007) Role & Appearance

Dressed in plain white cotton, Dadiji epitomised simplicity, while at the same time radiating the authority of a woman administering a global organisation with over 8,500 service centers in India and 129 other countries. Dadiji described herself as an instrument who loves to serve human beings by reminding them of their innate goodness – and that it is through the awakening of this goodness that we can collectively transform our world. Dadiji remained a spiritual ambassador whose wisdom has always echoed her own experience.

"Only when you love yourself can you forgive yourself"

Love gives us the power to forgive. Just as it is easy to forgive a person we love, when we truly love ourselves, we will also be able to forgive ourselves. Only then will we find ourselves learning and progressing rather than holding on to past mistakes.



Rajayogini Dr. Dadi Prakashmani Ji



Hobby as Profession or Profession as Hobby

My Age – Young Age:

In everyone's life, young age is the most important age of all. This is the age when we are getting prepared to come out of our fancy and innocent childhood to the real world where we try to achieve those dreams. And the journey moves on from high school marks to choosing a stream for board exams. Our life is highly influenced with the beliefs and set of rules that our parents lived for many years. And in pursuing them into our life we take the decisions accordingly.

The missing link:

Many a times it is observed that the students choose a career that they have been advised to pursue rather than what they wanted. And the biggest reason found for that is money or any elder's experience in that field. We know that our parents, relatives and friends always want us to be happy and for that they share their experiences and expertise. But we must realize that in spite of being an integral part of the society, we too have some unique characteristics that no one else in the world possesses. It is not about defending anyone but emerging our true strength to our notice all our life. We must know what are we good at and what we think is achievable if given extra effort. If you are good at designing and arts, probably then medicine is not the correct stream for you. In our education system, memory power of the student is tested thoroughly from memorizing theorems and answers but creativity or human values are never tested. And thus students with different tastes sometimes find it hard to score in exams. And on the contrary, students who have sharp memory scores well in the exam. And those who score well certainly get plenty of opportunities in career to opt for.

And that is the moment where many of us choose our career based upon our memory power than our interest. We want money in life but we should not forget that money cannot bring satisfaction and happiness.

Bridging gap:

Some of us would argue that a fresher of a college is enthusiastic and energetic enough to take up any job and earn a handsome amount of money. But according to my view, if you take up any job that doesn't suit to your profile and interests then it would demand a huge time and dedication of yours in order to meet the needs. And to live up to the industry standards one would keep sacrificing health and time for family. In the whole process eventually the candidate loses his charm to serve, enthusiasm to learn more and energy to enjoy with one's family. Money is still important in life but at that time not any amount of money in the world can get you peace of mind or satisfaction. Money cannot get you to your original spirit where you started from.

On the other hand, if you are aware of your passions and hobbies from early times and have taken it up as your career then it would be easy for you to catch up with new ideas to make your work always be on better positions. You would require less time to complete the work and thus you will save time for your family. This combination will help you achieve the stability and balance between work and life. You will not just earn money but you will get the time to spend it with your loved ones and enjoy together. You may earn less but the happiness and self satisfaction earned will be no lesser than a billion dollar.

Why not hobby as our career?



We just talked about those who are studying in schools and colleges and are planning their careers. Now we would talk about those who have taken up a career which according to them is not their best match.

Since we all are unique in one or another way from each other, we are good at some unique work. But we should not forget that God always has more in his bucket for us than we expect from life. Sometimes we feel dissatisfied about what our abilities are and we work. But friends, remember our honourable ex-president Mr. A.P.J Abdul Kalam who wanted to become a pilot but was rejected in the selection process. He neither gave up nor did he chase the same dream. He put his best in what came his way and put our nation in the rocket age and later became the president of India. He has been a living example of great courage to accept all the challenges in life and succeeding with positive attitude.

Today everyone is able to learn anything anytime through various learning techniques available around through books, online literature and even personal coaching in almost every field. And that provides a strong platform for everyone to learn and grow. If you feel that your work isn't or partially suitable for your calibre and you are not in position to leave it then do believe that trying to make your work more interesting through various techniques and developing a positive attitude towards it will definitely help you feel satisfied and happy.

Bhushan Thawani
(System Engineer at
Tata Consultancy Services)

JOKE
FOR
FUN

Principal: "I've had complaints about you, Johnny, from all of your teachers. What have you been doing?"
Johnny: "Nothing, sir."
Principal: "Exactly!"

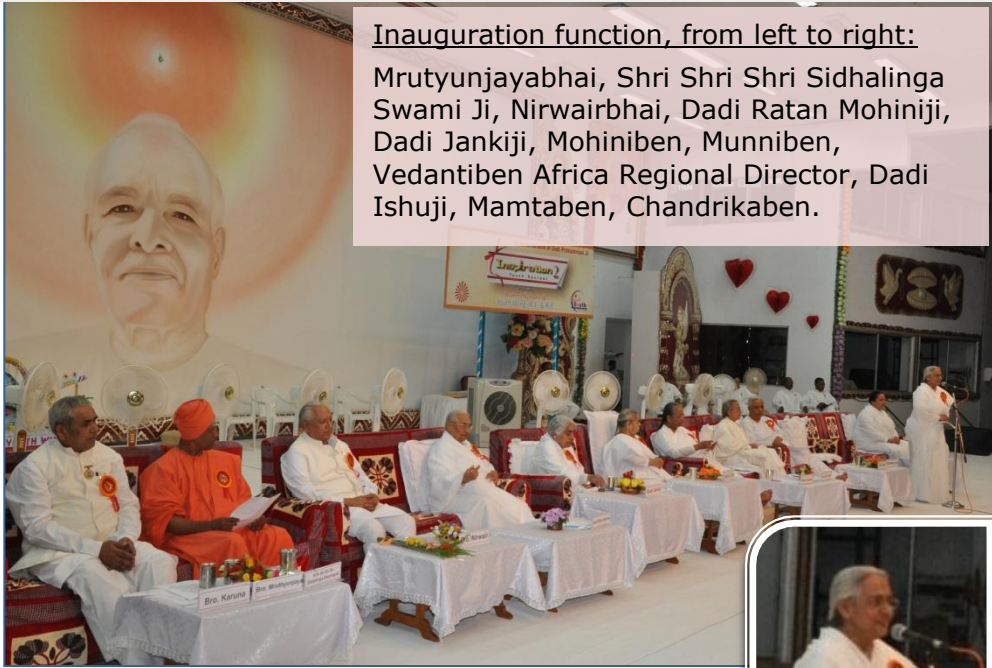
Youth Services



From 22nd till 27th August 2012, a Youth Retreat called 'Inspiration 2' was organized on the occasion of the 5th Ascension of Rajyogini Dr. Dadi Prakashmaniji at Shantivan, Abu Road, Rajasthan.

Inauguration function, from left to right:

Mrutyunjayabhai, Shri Shri Shri Sidhalinga Swami Ji, Nirwairbhai, Dadi Ratan Mohiniji, Dadi Jankiji, Mohiniben, Munniben, Vedantiben Africa Regional Director, Dadi Ishuji, Mamtaben, Chandrikaben.



The entire campus was filled with bubbling joy and enthusiasm with the presence of about 6000 BK Youths between the ages of 16 to 35 yrs old from all over India.

All witnessed the most inspiring and motivating atmosphere for a week. There was selfless participation at the Blood Donation Camp (1020 units of blood were contributed) and at the environment friendly project of 'Tree plantation'. Competitions like Quiz, poster presentation, paper presentation kindled the young minds and intellects in which the youths unfolded their inner thoughts and emotions on various issues. They also expressed their skills through various 'Talent shows'.

"Creative meditations" by senior faculty members helped the youth to experience the depth of Rajyoga that inspired them to pledge for self-transformation and for building an enlightened future. Different questions and queries of the confused young minds were cleared through 'a Talk show' and 'a Question - Answer' session.

Last but not the least, 'Letter to God' rejuvenated the spiritual connection of the young hearts with the Divine.

Join us...



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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