

When I see youths going to colleges, to tuitions; when I see them working in the offices, doing businesses, I see them as live energies. The energy which has spark in it. The untiring energy that has ambitions for the self, the family and the society.

Hey Youths! Keep going! Keep doing the good you are doing! But don't expect immediate results, immediate outcome. It is well said that "you are not responsible about your position at the age of 18, but you are responsible of your position at the age of 35". To persevere on your task will lead you to success.



**"Keep Going"**

Remember the good instants you had at school and don't let them die in you. Keep alive the good within you. Revise the promise you made to yourself and to others when you were young.

When people do not fear doing wrong around them, then why one should stop, fear and suppress the good within and around us. By exploring and nourishing good things within us, the negativities and the weaknesses will vanish away automatically from our life.

Best wishes,  
BK Chandrikaben

## Inside

[Why People Do Not Believe In The God? ]

2

[Youth Freedom, Fun And Responsibilities]

2

[Science and Spirituality From Present Age]

3

*Service News*  
[Inauguration Youth Training Center]

4



## News from Times of India

### ● Make Summer Cool and Healthy



People having soft drink daily are at 20% risk of getting heart attack.

People drinking diet "Sodas" everyday have a 61% risk of bursting out a blood vessel.

Children who consume 40-70 ml of soft drink daily may put on 3 to 5 kilos every year.

Youngsters who drink colas instead of water harm their hearts. Their heart condition at the age of 10 is as old as if 40 years old according to the statement of Dr Ramakant Panda of Asian Heart Institute, Mumbai, taking cola a day means taking seven to eight spoons of sugar. They provide empty calories without any nutrition and it is well documented fact that sugary soft drinks carries cholesterol, high blood pressure and diabetes as per the doctors.

So we should be careful not only from the bad habits of cigarette, *gutka* and pan (beetle leaves) but also from the soft poisons as soft drinks. There is numbers of alternatives in India like *nimbu-pani* (lemon- water) which is delicious, *lassi* and juices which are delicious and good for health. Doctor advises to have fruit than juice for controlling sugar content in body.



Savings of Swami Vivekananda

Always discriminate-- your body, your house, the people and the world are all absolutely unreal like a dream. Always think that the body is only an inert instrument. And the Atman within is your real nature.

### ● Weak Bones Linked to vitamin D deficiency:

Till recently, most Indians tended to live a lifestyle that involved spending a lot of time in the morning sun like going for an early morning walk and engaging themselves in outdoor sports, which is the best source of vitamin D. Today, an indoor lifestyle that involves computer game and television viewing has decreased our tendency to spend time under morning sun. This is the main reason behind the weakening of bones among many children. One must spend at least 20-30 minutes under the sun daily.

### ● Tobacco use can eat into bones:

More than lungs and heart, smoking can be dangerous to bone. Research shows an adverse effect on the heart and the lungs that can be recovered after giving up alcohol but regarding the bone it is still not sure. Why to damage bone health which is not repairable.

Bones rely on nutrients, minerals and oxygen, which is blocked by the nicotine from cigarettes. And as a result, the smoker has a greater risk of breaking its bones and it will also take longer to heal in the event of a fracture. Study indicates that those who smokes, they take a lot of alcohol, they do less exercise and eat less than non-smokers.

There is a direct link between smoking and bone density, it may lead to osteoporosis. Research shows that smoking is the leading factor for rheumatism. As smoking damage blood vessels, so there is poor blood supply of oxygen which affects the bone formation.

# Why People Do Not Believe In The GOD?



- ❧ They cannot see something visible, which can be experienced.
- ❧ Without belief also life goes as usual.
- ❧ Many people are doing wrong in the name of God.
- ❧ Most of the war happened in this world in the name of God.
- ❧ Largest numbers of theories are related to the definition of GOD.
- ❧ God is the only united force of the world; He has been made the most controversial Person in the world by some.
- ❧ The most loving, beneficial, peaceful personality GOD was considered as the most frightening, dangerous, harmful such as a Punishment Giver.
- ❧ Since ages, people are practising rituals, beliefs, and religion without the true knowledge and the identity of God.
- ❧ People want to run away from God because they assume God is a strict police, a judge and a punishment giver.
- ❧ Common man thinks that in order to be ascetic one has to lead a tough, disciplined, strict and sacrificing life. One cannot foresee any visible gain out of such sacrifice and pain. So they prefer to live life as usual.
- ❧ Prevalent malpractices, abuses and corruption in the name of God is again the most disbelieving factor.
- ❧ Misbehaviour and mistakes of the religious heads have shaken the faith and the belief of the followers.
- ❧ The blind faith, animistic rituals, tantrism, sacrificing, etc. are the detestable costume which has shaken the faith of people, made them run away from God and religion.
- ❧ In history major war had happened in the name of God.
- ❧ Unrighteous and criminals are enjoying life, righteous and good people are suffering, that again unmotivated one to believe in God.
- ❧ Fighting of two different sects of the same religion also has led to create disbelief on God. Have love for God in good times is the real challenge.
- ❧ People feel God is Great, inaccessible, formal, strict, rigid, fearful and threatening. God is intolerant to mistake.



## The fact is:

*God is easily accessible, simple, loving, forgiving and kind.*

Like a Mother and a Father, He protects and loves His children. He does not like to see the sufferings of His children. He wants everyone to be happy, to be prosperous and to be healthy.

As a Supreme Teacher, he wants us to be knowledgeable, respectable and protected. But it is our action that determines our pain or our gain. And it is not that to be good you have to be far from your job and your family.

## Youth Freedom, Fun And Responsibilities

The Youth are free, each of us enjoys the freedom to think and act. Basically youth are absolutely free as they get matured, to some extent they are authorised to act in their own way to decide their own career, earning and living mode. They get the choice to live and act. They lead their own life style; they want to enjoy a life without burden but with joy.

They eat, dress, sleep, travel and shop in their own way. They have concern for their family and friends, specially their parents. They want to repay the parent's love in their own way. They send festival wishes, gifts, sometimes they visit their family and sometimes they ask their parent to stay with them. They want to love unconditionally and more than that they want to be loved.

*Continued on page 3*



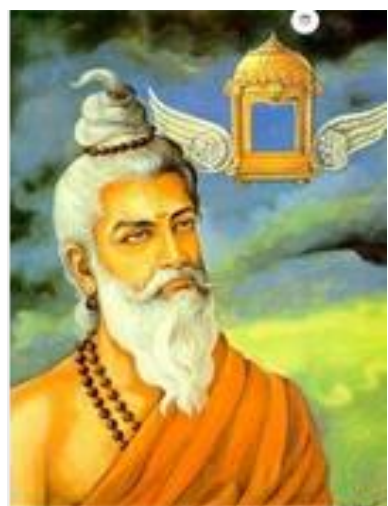
# Science and Spirituality from Present Age



Since thousands of years the saints, the philosophers and the scientists are trying hard to find out the secret of the Universe. Since Vedic age, ancient Rishis had been trying to define the Universe through various theories and findings from mathematics, astronomy, astrology, medicine, mechanical, metallurgical technology, etc. The famous scientists are Aryabhata, Nagarjuna, Budhayana, Brahmagupta, Bhaskaracharya, Varahamihira, Sidhanta Siromani, Chark, Susruta, etc one can get detail in

<http://www.nios.ac.in/media/documents/SecIChCour/English/CH.15.pdf>

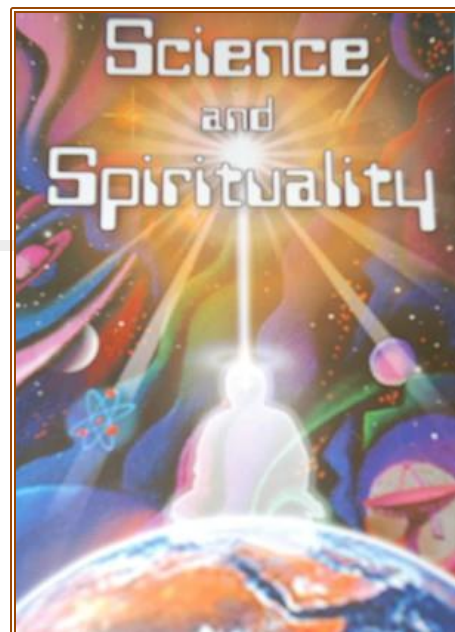
People should respect the contribution of scientists and technologists to the mankind. We, the people of China and India are getting excited seeing the transformation in the field of business, economy and communication. But we need to understand the sacrifice, the labour and the effort behind every scientific discovery and inventions. Scientists are not less than saints who had led their life with utmost simplicity.



There are renowned scientists like Isaac Newton, Galileo Galilei, Albert Einstein, Gregor Mendel, John Napier, Homi Jehangir Bhabha, A.P.J. Abdul Kalam, Prafulla Chandra Ray who had led extraordinarily simple and luxury free life.

Inventors such as John Logie Baird, Thomas Edison, Graham Bell, Guglielmo Marconi, Nicola Tesla who transformed the globe through their inventions in spite of repeated failure, criticism and the resistance from contemporary thinkers and society. Now the biggest question after all of us is, "can there be harmony or synergy between atmic (consciousness) and atomic energy.

*(Picture referred from [nexusilluminati.blogspot.com](http://nexusilluminati.blogspot.com)) Above, we can see the symbol of Pushpak Viman of ancient India.*



People around the world are returning back to simple, disciplined and yogic life. Around the globe people are starting preferring the vegetarian food. People wanted to return back to faith, still a lot of dilemma is encircling them regarding the authority and purity of religious heads.

There is absolute loss of faith in the system, machine has become more reliable than the nature of human being and the environment. There is widespread dilemma regarding the stability and sustainability of the economic, political and social system around the developed countries.



## Youth Freedom, Fun And Responsibilities *Cont from page 1*

Everyone wants to lead a honourable life, a life of reward, recognition, promotion and increments. The Youth has the passion to get success, progress and financial increment. They want to lead an independent, responsible life of their own choice.

They want to act with their own discrimination, want to be pro-active. They do not like to be dictated or to be corrected by others. They want to act responsibly, to be worthy of other's satisfaction. But in the process, they become victim of self-dissatisfaction. The Youth have freedom and energy and a long duration of time ahead in their life to materialize their dream. The Youth should not shed tears; their life should be repentance free. They should not get lost in fulfilling their own dreams, aspirations and desires.

The Youth should understand their responsibility for the new generation, kids and the old age as well as their youth friends. Present Youth need patience. Patience is much more powerful than talents, knowledge, and intelligence.

## EGO

Ego is not just having a big head. Ego is present every time you feel any kind of fear, or hear yourself saying, "That's mine!". The truth tells us that nothing is 'mine' or 'yours', we are all trustees. So where there is ego, there is attachment, and where there is attachment there is fear, and where there is fear there cannot be love. Detach from everything, and you will banish ego, fear will be no more, only then can true love return, and our oldest friend happiness will feel it is then safe to make a re-appearance in your life. 3

Prep time: 20 min,  
Cook time: 40 min  
Ready in: 1 hour

**Ingredients:-**

- ☞ 1 pack of Cream cheese
- ☞ 1 cup butter
- ☞ ½ tsp. vanilla extract
- ☞ ½ cup pecans (Chopped)
- ☞ 1 cup white sugar
- ☞ 2.5 cups flour
- ☞ ½ tsp. salt
- ☞ 1 cup pecans halves
- ☞ ½ cup green sugar crystals

**Yields:**  
**Serve 60**  
**cookies at once**



**Instructions:-**

1. Take a bowl & mix cream cheese & butter together. Add vanilla & sugar in it & beat until it becomes fluffy.
2. Combine Salt & flour; gradually add to the creamed mixture beating it until it becomes well blended.
3. Stir in chopped pecans. Then cover the bowl with a plastic wrap & put it in refrigerator for at least 15 minutes.
4. Take four sheets of aluminum foil. Shape the dough into 4, six inch rolls, 1.5 inch in diameter. Wrap each rolls tightly in the foil & refrigerate overnight.
5. Line the cookie sheets with foil. Remove rolls from refrigerator one at a time. Coat each roll with green & red sugar crystals & cut the dough into ¼ inch slices.
6. Place the cookie on prepared cookie sheets & top it with pecan half. Bake it in a preheated oven (Preheated @ 325 degrees F) for 15-17 minutes or until the bottom of cookie becomes lightly brownish.

# Youth Services

**Inauguration: Youth Training Center, Ahmedabad, Gujarat**

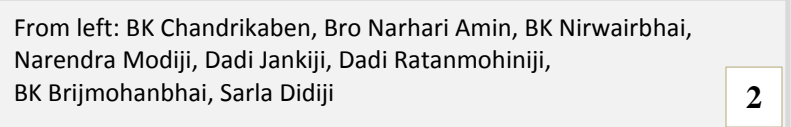
*To inspire, to empower, to realise, to rededicate, to meet, to share, to break all bondages like addictions, bad habits and blind faith, to spread the message of brotherhood by developing spiritual consciousness.*



1

From Left: Bro Mukesh Patel, BK Chandrikaben, Bro Narhari Amin, BK Nirwairbhai, Narendra Modiji, Dadi Jakiji, BK Brijmohanbhai, Sarla Didiji, Dadi Ratanmohiniji,

1



2

From left: BK Chandrikaben, Bro Narhari Amin, BK Nirwairbhai, Narendra Modiji, Dadi Jankiji, Dadi Ratanmohiniji, BK Brijmohanbhai, Sarla Didiji



2



3

From left: Bro Mukesh Patel, BK Chandrikaben, Bro Narhari Amin, BK Nirwairbhai, Narendra Modiji, Dadi Jankiji, Dadi Ratanmohiniji, BK Brijmohanbhai, Sarla Didiji

3



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