



From Editor's Desk:

A new chapter in the history of Youth Services in India is to be written in the month of September, October 2013 as the Youth Wing is organizing more than 111 Cycle *Yatras* covering the length and the breadth of the country. The launching of this mega project is on the 13th of September, 2013 at Delhi. The participants - youths have an assignment towards 'Establishing a Value-based Society through Virtuous Youth', 'Respecting and Empowering Women', 'Ahinsa Parmo Dharma (Non-violence, the Supreme Religion)', 'National Integration', 'Healthy - Addiction Free Society', 'Stress Free living through Rajyoga', 'Social Development through Education'.

The closing function is to be held at Hyderabad from the 8th to the 10th of November, 2013. Activity planned during the Cycle *Yatra* includes Interaction with Youth in Talk Shows, Public Speeches, Lectures in Colleges, in Youth Associations, in clubs, Multi-Cultural Activities, Mass Meditation, Taking Oath/Pledge, Exhibition of Youth & Women Empowerment, Demonstrative activities by experts, Group Discussions, Spiritual Discourses, Taking up Community Work, Blood Donation etc.

I call upon the youth of our nation to take the benefit of the Cycle *Yatra* passing through your place and be part of the awareness campaign.

For details, log on to <http://www.bkyouthcycleyatras.org>



BK Chandrikaben.

Editor, Youth wing Newsletter



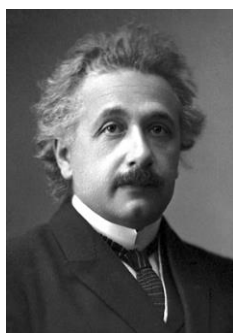
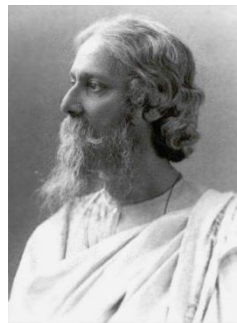
Break the
Barriers of
Dependencies

Enhancing
Concentration &
Calmness of the Mind.

Reflection
&
Realization

"The small wisdom is like water in a glass: clear, transparent, pure. The great wisdom is like the water in the sea: dark, mysterious, impenetrable."

- *Rabindranath Tagore*



"If you want to live a happy life, tie it to a goal. Not to people or things."

"Truth is what stands the test of experience."

- *Albert Einstein*

Coolness



Maintaining a state of inner calmness protects me from becoming a slave to my emotions. It also helps me to keep a cool head when I see others becoming heated or angry. Coolness is not to be distant or uncaring; rather it requires that I develop the deeply caring nature of a peacemaker and serve others in the best possible way.

MEDITATION

"Though the mind often asks for what is visible or material, its needs are deeper and cannot be met by anything superficial or short term. Meditation leads to a meeting point with all that is true and eternal."

For Meditation, Awakening with Brahma Kumaris,

[Read more](#)

Soul Connections, Being Soul Consciousness,

[Read more](#)

To ensure safety of women tourists, Union Tourism Minister has decided to distribute badges in Hindi and 10 other foreign languages to coolies and auto drivers saying, "I respect women".

Break the Barriers Of *Dependencies*



Dependency is difficult in initiating and expressing disagreement. It's like incapacity to function alone, allowing others to take the responsibility of my life. It's like letting them plan, decide, think and interfere in important areas of my life, for example in my education, in my job, in my marriage, etc. If I don't have my planning for my life, my life will be planned and controlled by others.

To understand what is not dependency:

- Taking someone's opinion or advice, asking for help is not dependency.
- Being a social being, we need to share and care for each other.
- Living with others, sacrificing, adjusting to situation and to the nature of other human being is not dependency.
- Sharing one's thoughts and feelings with others is not dependency.
- Obeying and taking cooperation of our parents or a person on whom we have faith is essential. We should learn how to give help and take help.

Perpetually relying on others for any decision and problem solving cannot make one strong, independent and effective.

Don't be dependent on your friends as if my friend will study then "I should", if my friend will enjoy then "I should" because you will lose the locus of your internal control and the concentration of the mind.

A famous quotation from Rabindranath Tagore: *Jodi Tor Dak Shune Keu Na Ase Tobe Ekla Cholo Re*, (In Bengali: যদি তোর ডাক শুনে কেউ না আসে তবে একলা চলো রে) means "if nobody responds to your call, even then walk alone". Do not wait for someone to start something good. Do it for your own sake however alone you may be. In the initial stage, a friend may criticize but in the long run, they will salute you.



In history, strong personalities haven't waited for anyone to motivate them but they motivated themselves and followed their dreams.

Empower the self, demolish all weaknesses, have faith on yourself and the Almighty, move ahead with the cooperation of your family and the team members to chase your dreams and fulfill the dreams of others.



“The wings of courage and enthusiasm enable one to Fly forward.”



Projection:

While moving forward we sometimes find ourselves in a position where there seems to be no progress. We don't seem to understand the reason for this and we find success eluding us. We try different methods for success but if we look within we find that either we have no courage or no enthusiasm, which prevents us from giving our best to the task.



Solution:

We need to have both the wings of courage and enthusiasm in order to succeed. If there is no courage we give up trying. On the other hand, if there is no enthusiasm we get tired and tiredness never lets us work towards success. So before we take up any task we should make sure we fill both these wings with such power that we will be able to work constantly till we succeed

Enhancing Concentration & Calmness



Of the Mind.



While studying, am I concentrated or am I wandering around seeing a movie, chatting with friends, partying, or on a long drive, etc.

While doing an important work, am I focused on the task or am I wandering around different plans and persons. Am I giving priority to relevant and important things of my life?

Concentration of the mind is the key to success and happiness. Vibrating minds and nature disturb others and makes one unreliable.

Developing natural stability and concentration of the mind is essential. Mind is the factory of thoughts. If you can keep it under your control then you can conquer the world.

- Have a great objective, vision and purpose which focus the physical, psychological and spiritual energy.
- Learn to be organized and keep things in proper order so that the mind is less disturbed.
- Do not run away from problems but either solve them or face them.
- Learn the art of converting big matters into small this will help to remain cool and easy.
- Have faith, stability and self-confidence; do not get disturbed by opposite or negative environment. Be calm, stable and virtuous to derive tremendous energy from inside.
- Have love and affection for your career and your job.
- Work with love not with labour or compulsion.
- Have interest for your area of responsibility to learn. Be egoless and obedient as to maintain healthy relationship with the family members otherwise, unhealthy relationship can disturb the mind.
- Maintain your health, unhealthy body can disturb the mind.
- Work with proper planning that cools down the mind and gives direction. Do not get distracted by some short term pleasure or bad company.
- In life to avoid boredom and monotonous work profile, we need short term amusement, so one can enjoy food, nature, be relaxed, watch good movies, listen to songs, or cultivate good habits.

As per Michael Jordan:

Fears sometimes come from lack of focus or concentration. If you know you are doing the right things, just relax and perform. Forget about the outcome. You cannot control anything anyway.

“Think positive, and find fuel in failure”. Sometimes, failure gets you closer to where you want to be.

I can accept failure, as everyone fails at something, but I cannot accept not trying.

At the end, last but not the least, meditation and positive thinking, connecting the mind with the Supreme Father can empower you to be focused and stable.



The A-Z of Spiritual Living

D is for Determination

Many wasteful thoughts will do their best to come but my intellect should remain determined and powerful.

The truest wisdom is a resolute determination.

Napoleon Bonaparte,
A French military and political leader

Talking on a Cell phone while Walking leads to accidents



Using data from the National Electronic Injury Surveillance System which collects detailed case information from a sample of emergency rooms across the country, researchers estimated the number of pedestrians nationwide who were injured seriously enough while using cell phones.

They found that the number of injuries increased yearly from 599 in 2004 to 1506 in 2010. Over the six years, two third of injured pedestrians were younger than 25 years old.

"I think parents need to teach their children safe texting", said the lead author, Jack L. Nasar, a professor of city and regional planning at Ohio state.



Photographs used in Article, Courtesy of www.brahmakumaris.com, www.google.com and Naren Reddy, Hyderabad

A Lesson to Learn from the Life of Aurangzeb (You cannot escape from punishment and misery from your misdeed and negligent behavior)

People know about the most powerful and cruel king of India who was rude and murderous in the dealings with his brother and his father to come to throne. He destroyed many temples during his regime. Here is the historical record about the confession of the powerful king Aurangzeb on nearing death time. Aurangzeb understood the truth of life, by the time he reached his 90s':



"I came alone and I go as a stranger. I do not know who I am, what I have been doing". The dying old man confessed to his son in February 1707. "I have sinned terribly, and I do not know what punishment awaits me." He alienated many of his children and wives, driving some into exile and imprisoning others.

Unlike his predecessors, Aurangzeb considered the royal treasury as a trust of the citizens of his empire and did not use it for personal expenses or extravagancy but spent a lot in war and confrontation, which led the royal treasury to bankruptcy. No one could escape from the law of Karma however powerful, prosperous and good looking he or she may be. In the name of science, rationality, state and duties we cannot rule out punishment for our sin. God is the Supreme Father and also Supreme Judge to take care of our every action.

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. Sanand, Gujarat: Young Drivers at Tata Motors – Nano plant taking benefit of Youth Empowerment Session. BK Dr. Kokila & BK Dr. Bipin were the faculty members.



2. Ahmedabad, Gujarat : Inaugurating Empowered Youth Forum Training, From left: BK Ratanbhai (Senior Committee Member-Akhnoor), BK Mohan Singhal (National Coordinator- Scientist & Engineering Wing), BK Chandrikaben (National Coordinator – Youth Wing) & BK Jivanbhai.

Join us...



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For more information about Youth activities, please visit

www.bkyouth.org