

“Outer cleanliness is associated with the inner cleanliness”



BK Chandrikaben.
Editor, Youth wing Newsletter,
National Coordinator,
Youth Wing-RERF

This year, the Youth Wing of the Brahma Kumaris has initiated a Project entitled “Swachchh Swasth Swarnim Bharat”, wherein the Wing has aimed to engage the youth energy to make our country clean, healthy and developed in all aspects. As an aware, active and responsible youth, I call upon you to keep your room neat and tidy. Keep your work place adorable. Play an active role in cleaning your area, your society. Take relevant initiative in this matter.

The outer cleanliness is associated with the inner cleanliness. I would love to hear from you that you no longer pass any vulgar comments to your friends, girls, unhealthy and inefficient person. Let us practice having good inner wishes for the self and for the others around. Putting good quality thoughts in our mind that may nurture fragrance within spreading virtues around instead of having thoughts that turn our mind into dustbin and spread evil around? I call upon you to be a helping hand in making our country clean, healthy and developed in all aspect.



Words of Wisdom
By Dadi Janki

Om shanti. Everywhere in the world people are looking for peace of mind. One kind of peace is tranquility and another is the fragmentation into many “pieces”. When the mind is fragmented, it is not possible to be peaceful or happy. What do we need to know to find peace of mind? We need to know the answer to two questions: “Who am I?” and “Whom do I belong to?” Here on earth we are performing our roles as souls. I am a soul, and you are a soul. Everyone is a soul. Each one has their own distinct and individual role and none are the same. We become peaceful when we are not comparing the self with another soul. Here, we are sitting in a stable stage and pulling the mind away from thinking of old “stuff”. We are learning how to bring peace of mind to the self and to the world.

In this issue

Law of Good Relationship

Page 2

Curing Depression

Page 2

Expenses on certain scientific enquiry is not doing social justice

Page 3

Holi Hayy,

Sang Ka Rang

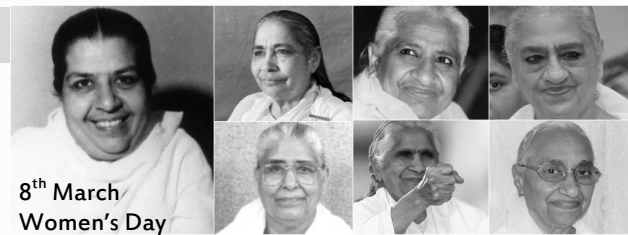
(The Colour of Company)

Page 3

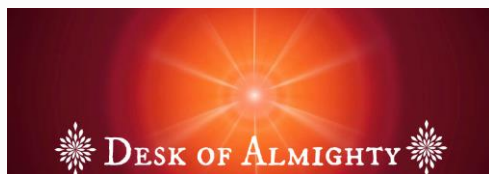
Will power | Oneness | Might | Enlightenment | Nobility

“Every Home, Every Heart, Every Feeling, Every Moment Of happiness is incomplete without you, only you can complete this world”

Happy Women’s Day



8th March
Women’s Day



Sweet children, the first faith you need to have is that it is the Father, the Incorporeal One, the Ocean of Peace and the Ocean of Happiness, Himself, who is teaching you. No human being can grant peace or happiness to anyone.



International Day of Happiness
20 March

Give happiness and you will receive happiness. Give peace and you will feel peaceful. Give sorrow and you will get sorrow in return. Create thoughts and words that give only peace and happiness. The world is filled with worry and sorrow. Do something different.

thoughtfortoday.org.uk

“Radiate Happiness and see what difference it makes to your life and that of others.”



The Law of Good Relationship

Is this world a random collection of people, scenes and things? Experience and knowledge say that everything is accurate and has a positive meaning. Nothing happens without a reason. Everybody who is around me is for a reason. Anything that happens to me is for my growth. One rule of this universe is – Self-transformation brings world transformation.

Do I have any control over the persons around me? Yes. Law says, the world is connected to me through the self. The self means the mind. Do I have full control over the mind? Do I have a good relation with the self... with the mind? Do I like each and every thought that come to the mind? Do I relish all the feelings that I feel? Law says if I am happy, I will be happy with each around me. What is outside is actually a reflection of my mind! The key to all relationship is the mind. Scientists say a normal human being knows only 10% of his mind. 90% of his mind remains hidden. Do I the soul know whole of my mind? Is it possible to know the contents of the mind? Impossible means I-m-possible. Where to start for good relationship... outside or from within... from the mind? What is the method to have peaceful and happy relations... from inside out or tackling each relationship individually? Do you think if I can have good relationship with the mind, I will have good relationship with everybody around me? Do I feel that mind is my friend?

Does my mind feel that this world is good for me... good for my growth... personally... socially... physically... financially... spiritually? If not then definitely I do not have a good understanding of the mind. I need to talk to my mind. I need to train my mind with the spiritual knowledge so that it can be happy. Then only I will have very good relationship with my mind and ultimately with everyone around me. We know that communication is the method to have good relationship. Somebody said... do shout... do fight at times... but do not stop communicating / talking for good relations. Mind wants to talk to us. When we do not listen to our mind?

It starts speaking through body language... through the diseases of the body. Mind cannot be suppressed. Good relationship cannot be based on suppression. I need to talk to the mind. That is I should talk to myself to keep a healthy relation with me.

Mr. Vibhor
Director, Bachpan Play School, Agra (U.P)



Curing Depression

Depression, stress, anxiety... the words are getting increasingly common in our vocabulary. More than 350 million people globally suffer from depression, and 1 in 13 people around the world have been diagnosed with an anxiety disorder. Overall, the World Health Organization estimates that roughly 450 million people suffer from some form of mental or neurological disorder -- and that roughly one in four people will be affected at some point in their lives. These numbers are staggering.

But how did we get to such a state? It's time for us to introspect, to reflect. Introspection, reflection. Activities for which probably nobody has time these days as we all are so busy in the race of our daily lives. The race to earn more, to enjoy more, to look more beautiful, to be seen as more successful. The race to juggle our family and work life and find some quality time to spend with the ones that matter to us. Where does that leave the time to stop, to reflect, to introspect? We try to lead the life of a super human. Yes we do give the body all the attention it needs. We never miss our workout sessions, our trips to the parlour, our diet charts are really elaborate. What to eat, what to drink? **But what about what to think?** What about the inner self, the inner being, the soul? Do we care to stop and ask ourselves, how am I feeling today? Do we really care to heal the inner self. Let's admit it, our inner self is bruised and battered. During all these years, we have been running, running and just running solely after the physical, for the physical. It's time now to stop. It's time now to take time out for the inner self, to heal the inner self. **Depression, anxiety, stress doesn't need any medication. It needs meditation.**

Yes, take time out for yourself and learn to meditate. When you look back, you will be happy you finally stopped and asked yourself the question "How am I feeling today?". Sure we all want to hear the answer "I am feeling absolutely fine".

B.K Anupam
Chandan Nagar, Pune (Mah)



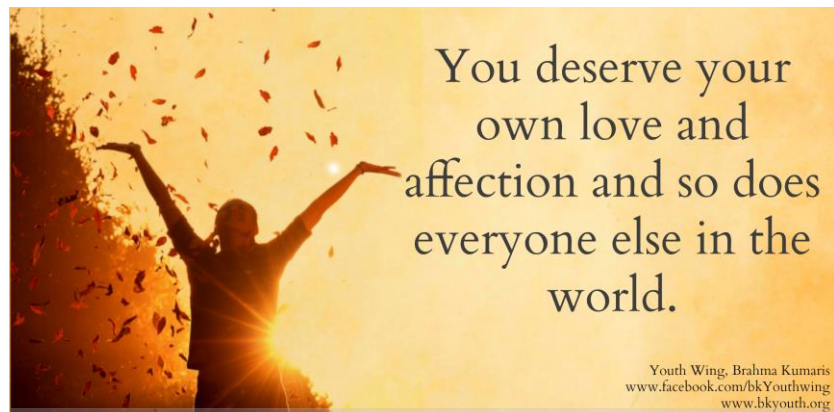
Holiii Hay

Sang Ka Rang (The Colour of Company)

Holi is one of the auspicious festivals of India. Holi is the mixture of colour, company, fun and forgiveness. Let us forget the past, let us reunite. Whatever happened so happened, in Hindi "Holi" means "Ho gaya", so relieve yourself from the past bitter memory, have a fresh colour of company and fun. Happiness and friendship is life; enmity and sorrow is death. Life is filled with beauty, love, sharing, concern, compassion, unity, sensitivity, and offering. Life is filled with the colours of different feelings, of ecstasy, pleasure, freedom, excitement, jubilation, joy and triumph. It is filled with different facets of success and failure, reputation and insignificance, criticism and adulation, sweet and sour. Every moment has its own color and taste, let us enjoy the combination.

There are some miscreants who in the name of "Holi" take revenge and they use harmful chemicals. Many of my friends used to get intoxicated with "Bhangh", "Aphin" etc., taking them as "Prasad" or "Bhog" as holy offerings. This may be the occasion for many teenagers to start taking "Bhang", "Ganja", "Aphin", liquors, as it is very difficult to resist peer pressure. They take these noxious item thinking it is just for this day, but many end up addicted. The color of the company is everlasting. One gets affected by the company he keeps. For an adolescent, friend means everything; this is the phase of life which takes a turn. Good friends direct life and career towards positivity, bad companions push one into deterioration. The person who is overconfident, gets derailed. Only later through experience and understanding, one realizes and changes.

Holi happened, past is past; so now, let us make life colourful, with the company of the Truth (God) and good friends. Keep good company, and be equally kind to transform bad to good with your color of company. Fill your life with beauty of strength, virtues and stability with the company of good people (*Sat Sang*) and the True Friend, Khuda Dost. Here, *Sat Sang* does not mean religious meeting or prayer rather it means the company of Truth at all times and every moments of life. Then, do color others with your goodness, virtues and compassion.



You deserve your own love and affection and so does everyone else in the world.

Youth Wing, Brahma Kumaris
www.facebook.com/bkYouthwing
www.bkyouth.org

Follow us on Facebook for daily thoughts
www.facebook.com/bkyouthwing



Expenses on certain scientific enquiry is not doing social justice

Scientists are spending billions of dollars in search of life on other planets. A few are trying hard to start civilization on the moon and therefore they are scouting all possibilities of having the right atmosphere for humans to dwell. A few years ago, there was an announcement for the purchase of plots in the moon. In the present world, when millions are struggling to have one time meal, such expenses are misleading.

Passion to understand the secret of the Universe is good, but sometimes, scientists become insane in the search of knowledge, they also become insensitive to human existence. Is it worth spending billions of dollars for searching the origin of the Universe? There are certain questions having hen and egg dilemma and certainly impossible to answer. Yes, science contribution to humanity is commendable, scientific temper is good, but scientists should understand the immediate need of mankind and the planet. The false ego of science is dangerous, excess is always bad.

In my college days, being a physics honors student, I had spent hundreds of hours thinking about the origin of the Universe, and had also conducted a number of thought experiments. Later I realized certain questions are deceiving and we should not think much about such questions. Both metaphysical energy and physical energy can neither be created nor destroyed; they can be converted from one form to another. When Einstein proved this theory, millions of experiments were conducted to falsify this theory but all failed.

Almost all the religions agree God has created both physical and metaphysical energy. The scientists are also in search of the God particle. A group of scientists named it 'Boson'. The CERN experiments were conducted in a tunnel under the ground to find out such particle. But though science has been guiding the civilization towards the truth, often they have misguided. A common man cannot understand the complicated scientific theory and so they accept them as the Universal truth. Creating a living cell is not a simple task. The cell itself consists of around 2000 chemicals. And the chemical compounds are consisting of molecules. And to form organic molecules, it needs proper arrangement of atom in the proper environment. The probability of such arrangements is almost zero.

At my early age, in the village, on a chilly night as I was peeping into the sky, I found a flying object. Initially, it seemed to be a flying saucer, later I realized it was just an airplane. In the name of undefined flying objects (UFOs), people created number of stories about aliens. The aliens are beautiful imagination, nothing else. The earth is the only planet where life is existing.



B.K Shibaprasad
Pune (Mah)

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. Mt Abu, BK Jitu speaking at the celebration of the 152nd year of Swami Vivekananda and National Youth Day.



2. Dhankwadi, Pune BK Sulbha conducting Positive Thinking session to company secretary students.

3. Trikapara, Bilaspur, Chattisgarh: Group photo taken on National Youth Day.

4. Kochi, Kerala: Group photo of Youth Wing Committee Members.

5. Kochi Kerala: Dadi Ratan Mohini Ji, BK Chandrikaben, BK Radhaben, BK Atam prakashbhai candle lighting at the opening of the Youth Wing annual meeting.



“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.



Join us..



Youth wing, Rajyoga Education & Research Foundation

C/o Brahma Kumaris
6 & 7, Mahadevnagar Society,
Opp. Aakar Complex, S. P. Stadium Road,
Navjivan, Ahmedabad - 380 014.
Mobile: +91-9427313773
Tel : +91-79-26460944,26444415

Learn to meditate, for information about free Rajyoga meditation courses, Visit www.brahmakumaris.com

For more information about youth activities, please visit www.bkyouth.org



Join us on Facebook
<https://www.facebook.com/bkYouthwing>

Write us at, newsletter@bkyouth.org