



## “ In Peace with your Past ”

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It's an art to be in peace with your past. There is bad memories, instances, experiences, situations which has given us pain, bad feelings, awkwardness. The same memories many a times rebound back again and again which drag our energy, thoughts, time.

It is seen in the factories that they discharge their waste after proper treatment so that it does not pollute the atmosphere in any form. Similarly, we need to learn to digest the things in such a way that they do not disturb us again and again.

Write it down the things it disturb you, do equal opposite good things, and take a lesson from it, take steps not to repeat it. Start doing good things when past strike back. Divert your mind in other good things. Talk with yourself and be in peace with your past.

## Rising Youth

- Rise above Failures
- Rise above Critics and Comments
- Rise above Shadow of Sorrow
- Rise above the Hate and Hatred
- Rise above Class and Castes
- Rise above all your Weaknesses
- Rise above Luxury
- Rise above the Prizes and Praises
- Rise the Sleeping Soul within till you have not achieve your Goal



## Techniques of Success and timing

*Continued on page2*

Work hard but not unnecessarily hard. If something can be done easily do not be fool to follow the hard path.

When I was in Narayangaon where I was teaching in an Institute which was situated far from the city, I was staying on rent with a family of farmer. I was seeing how the whole family was working hard by getting up as early as 4 am to start their day. They were not much educated but they knew the technique of hard work. Just imagine working during the hot summer and working in the early morning.

Hardworking does not mean to work like a fool. Most of my friends and students have lost their habit of getting up early in the morning. They spend the whole night to study. The shifting trend from early morning to sleep late night has started after the invasion of the television



# Faith

In our last issue, we read about fear. So before moving further, we shall find out what are our fears and their negative effects, this will be a motivation to remove them and give us the understanding about what we are missing in our life.

Now let us see what faith is. The dictionary meaning says it's a feeling, a conviction or a belief of something being real or true. It is not contingent upon reason or justification.

*Continued on page 3*

## Experience of Nashik Kumbha Mela

(Aug-Sept 2015)



Youth renouncing this world to be Saints or Sadhus was a strange phenomenon for me, creating disinterest for the world is different, leaving behind everything to lead a wandering life, and it is another thing. My experience with Nashik Kumbha Mela compels me to think "how can a person leave everything". Are they in touch with their parent? Many have their children and wife, still...???

During the Kumbha Mela at Nashik on behalf of the Brahma Kumaris, we were having "Addiction Free Spiritual Exhibition". Normally, I used to give my voluntary service as security during night time in the stall. Our stall was surrounded by another 1500 Akhadas in that zone. There were two brothers, Nived and Sanjay with me for the security service, and also some Adhar Kumars (Married BKs). Before our duty starts, we used to visit different Akhadas and meet the Sadhus. Our stall was so attractive that a good number of visitors, Bhakt and Sadhus would visit regularly.

*Continued on page 3*

<h1>Inside...</h1>	<b>Mamma Saraswati</b> <i>The indomitable and the fearless</i> Page 2	<b>Experience of Nasik Kumbha Mela</b> Page 3	<b>Faith</b> Your inner strength Page 3
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# Mamma Saraswati

(the indomitable and the fearless)



In history, we have heard of many women Sanyasini, a few may be influential. Till date giving education to a girl child is considered to be of waste of money and time in different communities. There are a lot of discriminations while upbringing a male and female child. Hardly there is any freedom for girls, and even if there is freedom the social security issues have curtailed it. Yes there are also instances of misuse of freedom sometimes out of immaturity, emotion and ignorance. May be some are educated but still misusing it. Mamma “Om Radhe” an immaculate personality: the Goddess of Knowledge, the Ganges of love, Destroyer like Durga, Loyal like Sita, Devoted like Mira, Unshakable like the Himalayas, Cool like the Moon and Sacrificing like Dadhichi. She was unique, simple, an exception in the human history.

The way Dadi Jankiji praises Mamma, we can sense how tough, staunch and ardent she was. We have seen with time people having diluted their principles and routine may be because of age and constraints. Mamma’s principle, sacrifice and routine was beyond time, trend and tides. She has never compromised with Shrimat. Once Brahma Baba asked Mamma to put her hand on the head of Jagdish Chander Hassija (the spoke person and the editor in chief of the Publishing division of the Brahma Kumaris Organisation) to pour divine intellect and knowledge on him. Perhaps this was the best scene of the world Drama where Goddess Saraswati blessed Lord Ganesh in front of Lord Brahma and God Father Shiva.

“God removes the covering of impurity, and the eclipse, and purifies us through His power of purity. God creates purity in us and in this way generates new life. All this is created by Him and so He is called the Creator.”



[Read more...](#)

24th June 1965, Avyakt Divas of Mamma

**“One should not repeat a mistake”**

Youth Wing  
Puzzle maker

Search the words and send your answer to [newsletter@bkyouth.org](mailto:newsletter@bkyouth.org)

R Q N Z O Y H O X Y O P A S V  
X E U O E V T A T S H H W S L  
L H S C I M M I P K E I A I I  
W Z A P N T S M R P K L R L X  
N E M O O O A H B U I A E B W  
P O W E R N I R O Y P N N D S  
L B S E N T S P E F R T E Q U  
W O N R J R U I P P L H S S P  
P E V D A I H H B Q O R S G S  
G W N E A I T H H I M O R H K  
E Y R X A L N K I X L P C N C  
E X C E L L E N C E S I A S D  
E G D E L W O N K B P C T L X  
G N I D N A T S R E D N U Y D  
Q S J J E I Q C S D K V S Q P

AWARENESS  
BLISS  
COOPERATION  
ENTHUSIASM  
EXCELLENCE  
GENEROSITY  
HAPPINESS  
KNOWLEDGE  
LOVE  
PEACE  
PHILANTHROPIC  
POWER  
PURITY  
RESPONSIBILITY  
UNDERSTANDING



**Techniques of Success and timing** *Cont. from page 1*

It is a distressing phenomenon, night is for sleep and when one is tired what he/she can do late night. Early in the morning, with a fresh mind and a fresh body, an individual’s ability increases many folds. Definitely, certain tasks need to be done at night but it should not be a regular habit, as it deteriorates one’s health and mind.

The technique is also equally important. While I was listening to Dr. Girish Patel, I got a great lesson from one example: “One day, a Hammer was asking to a Key: ‘In spite of my hard work, I could not open the Lock, what to do’? Similarly we need to learn the key to carry out a task. In mathematics, a formula is important, without it you may spoil pages and time. In geography, map is essential. So, understand the key instrument of success in life.

Sister Shivani in her lecture keeps on paying importance to positive vibration, Dadi Jankiji on honesty and truth and Shiva Baba on Purity and Knowledge. Each individual is unique, see the self, heal the self and head on towards your goal.

- Shibprasad Parhi

# Experience of Nashik Kumbha Mela (Aug-Sept 2015)

-By Shibprasad Parhi

*Cont. from page 1*

We planned to explore the past history of Sadhus life. It took one or two meetings to win the confidence of some of the Sadhus. And these are our findings: many of them were educated, employed and employable before choosing this path. But, there were Sadhus leaving behind their wives and children in distress leading a wandering life. Many of their parents do not know where their children are, wandering as Monks. Many of them got frustrated with their grown up children and society and decided to renounce their home. Identifying a real Sadhu was a tough task. With time, many became addicted, money minded, fond of good food, position, carrying smartphone and luxury. Sadhus also need to spare time.

One Sadhu was sharing his experience, about seeing Sadhus watching vulgar movies in their laptop till late night. So, there were Sadhus who were getting up early morning to start their days, and some who were sleeping till late morning.

The theme of our stall was to give up Chorus, Ganja, Bidi, Cigar, Liquor, drugs and non-veg foods. We found more than 30% Sadhus were addicted and disturbed with their addiction. In the name of God, many were taking Bhang, Ganja and Liquor. They were realizing they are doing something wrong but they did not have the knowledge how. Inhaling Bidis was a normal phenomenon among many, what will their Bhakt or followers learn from them. Many Sadhus were also non-vegetarians. Many of them were pauper without a penny, but many Sadhus were HNI (High Networth Individuals).

We were having a donation box in our stall where we were demanding individuals to give up their bad habits. We were also helping individual through personal counseling, medicines and meditation. Many Sadhus also donated their bad habits in kind and in written, but God knows how far they were able to hold it for the future.

My experience with Kumbha Mela says: leaving behind responsibilities, duties and dependents is easy but leaving your weakness is tougher. Since childhood, I have been hearing from my mother, take Sanyas (renunciation) of the five deadly vices that is lust, anger, ego, attachment and greediness, be in the society, with family and friends and become a real Saint. After Nashik, Kumbha Mela is going to be held at Ujjain.

During the Kumbha Mela in Nashik, there were a few women heading the Akhadas. Just neighbor to our stall, there were the "Pranab Sangh headed by women". We could hardly see any woman Sanyasini in the entire Sadhugrams. Perhaps out of approx. 1500 stalls in Sadhugram only three were headed by women. Male members are free from family obligations to become Sadhus but it is not easy for the women. Starting from social security to family resistance and at the end women are not that irresponsible, they understand the emotion of their creation. They know their duty for their children.



# Faith

*Cont. from page 1*

The faith that can move mountains needs three ingredients to word: belief in yourself, belief in others and the ability to draw on your inner strength.

If you are wondering on how one can have trust on something which one hasn't seen or for which one do not have any proof? I will just ask you a question: "Have you ever flown in an airplane? Have you met or see the pilot? Yet you are taking the flight! Don't you think this is your faith in the pilot? We use faith every day in so many areas of our life. It is just that we never pay attention. I am not saying, we shall trust everything without even thinking/evaluating, blind faith. Faith means in order to walk on any path first gather some information about it and try to understand it.

To have faith in anything we need to have faith in ourselves. For that we have to remove all doubts about what we are doing. Sit and decide what you want to do and then be clear about it. If you have doubt you can't give your 100% to do that task and if you don't give 100% in your task, chances of your failure increase. Clear your doubts and your faith will automatically increase.

If we remove doubts and do everything with determination then faith will automatically increase and fear will automatically decrease.

It is not enough to just understand faith but we have to apply in our life to get results. Also remember that faith is tested. So, we have to make our faith so strong that no matter whatever situation comes but we will always be consistent about the faith we have in.

- Ankita Shah

# 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.



## Igniting minds for empowering Bharat, Youth festival, Kamma veezhi (Vizianagaram)

1. Opening Ceremony.
2. Class by 'nagaswar rao' psychologist.
3. B.K.Madhuri with group.
4. Annapurba behan is addressing the youth.
5. Closing ceremony.
6. Elocution.

## Igniting minds for empowering Bharat, Youth festival, Salur Vizianagaram)

7. Certificate and prize distribution.
8. Quiz Competition
9. Sketching out the Aim of Life, talk by Ramana Sankar.
10. Guidance and awareness about waste recycling process (in the dumping yard)
11. Workshop in group.
12. Counseling about youth problems and panel discussion by Hima Bindu.

When feelings of peace and love are experienced in the heart and not just simply understood by the head, our values become clear.

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