



## Sharing before being sorry



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

During the youth age, one can come across various situations, circumstances, problems, new wishes and thoughts. Youth acts, works, takes appropriate measures as per their capacities, maturity, understanding, interest, emergency and competency.

But there are few situations or problems that makes you feel sorry. For example, when one doesn't get the desired result. The best solution before feeling sorry is sharing. Share your goals, thoughts, self-development activity, problems with your friends, parents, well-wishers, colleagues. Take their help, share specially with the one who is willing to help. Keep sharing good & bad things. You can even pen down in your diary. Don't oversize your problems by keeping on thinking without sharing or finding its solution. Never postpone to face or attend a problem, situation. Share it before it crosses the limits.

## The Best in someone

When someone's not at their best, notice the best in them.

How? Ask yourself: What's the one quality I appreciate in this person? What small success have I noticed this person have today?

Notice the successes and qualities, however small. Keep these in your mind every time you think of them or interact with them. Then you'll slowly begin to draw the best out of them.



## PEARLS BY DADI PRAKASHMANI

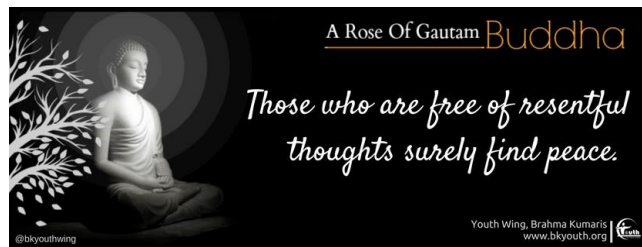
For any situation, make a plan and get advice about what to do and how to do it, but do not worry. It is said that worry is like a pyre. Therefore, I never worry about anything. The *Satguru*, the lord, has taken me beyond all worries. Let Him worry! At the confluence, each one becomes a carefree emperor.

Sit on Almighty's heart-throne and there won't be anything to worry about. Eat whatever He feeds you. Wear whatever He gives you to wear. Then you will be happy – whether He wants to keep you in a beggary part or sustain you like a princess.



THE ONE WHO IS THE OCEAN IS THE SUPREME. WHEN I REACH OUT TO THAT ONE, THERE IS SILENCE.

Youth Wing, Brahma Kumaris | www.facebook.com/bkYouthwing



Youth Wing, Brahma Kumaris | www.bkyouth.org

## Inside...

Good thing of practicing  
**Meditation**

Page 2

**Freedom**  
Movement

Page 3

**Mera Bharat**  
Swarnim Bharat

Page 4

# GOOD THINGS OF PRACTICING



# MEDITATION

Thoughts are the seed of action if thoughts can be rectified then words and actions can be rectified. Meditation helps a person to control and stabilize the mind of a manager to be truthful, honest and focus to the super ordinate goal which give benefits not only to the organization but also to the entire world as a whole as a responsible citizen of the globe.

- **Meditation energizes & empowers one's mind:** By getting spiritual energy from the Supreme Source, the Supreme Soul, one strengthen one's mind and intellect and rectifies one's bad habits. As the mind become empowered, it transfers divine energy to one's body and relationship. One becomes happy and healthy. Everyone should be good but not delicate, otherwise it becomes difficult to tolerate criticism and false accusation. I was getting emotional and disturbed easily. Today Rajyoga has empower me to such an extent that I am carefree and happy. I can face and fight negativity with enormous patience and confidence. I have become light, easy and peaceful. I have achieved remarkable success in my endeavor.
- **Meditation educates one about life:** Since childhood, one has read many philosophical books and listened to various religious discourses with little understanding, experience and realization. Meditation helps one to understand, analyze and discover the secret of life. I am able to understand and interpret the happenings of my life. One can read thousands of pages from good books but Meditation assists one in implementing and experiencing those good teachings in life.
- **Meditation entertains and relaxes the self effectively in a positive way:** Entertainment and relaxation are part of life and Meditation helps one realizing the unlimited freedom and happiness that life offers. It helps in experiencing super sensuous joy. One may fly to various parts of India or the world but Meditation gives one better flying experience than the flight itself.
- **Meditation enhances one's personality:** Sometimes we are too much conscious about our physical appearance and neglecting our own psychological strength and beauty. Meditation shapes one's psychological as well as physical personality. Personality depends on physical appearance and activities, and these two things depend on the beauty of the soul.
- **Meditation brings a new enthusiasm in life:** It gives one a new direction and a meaning to life, to relations and to career. Through meditation, our thoughts touch new heights, vision and mission. One starts to think beyond our own needs and desires. One starts to care about one's family and the universal family as a whole. One inspires to do something different and new. One starts to serve the world with passion. This is a huge opportunity to guide and serve the inmates in jail, the drug addicts at the rehabilitation center, the international sports personalities, the professionals in industries along with the youth of various schools and colleges.
- **Meditation brings equanimity and balance:** We regain our lost kingdom the "Self Ruling Kingdom" and the balance of our life. We are able to control our mind and body easily through the techniques and methods of Meditation. The most difficult things in life is to keep two opposite ideas together. Meditation helps to balance our personal and family life with our professional and social life. We can remain calm and stable both in success and failure, pain and pleasure, criticism and praise, etc.



# Freedom Movement

## New Age Freedom:

In present age we are free from purdah, women are legally considered to be at par with male. We can see outside bondages reduced but inside bondages have increased drastically: such as suicides, addictions, animal slaughtering, divorces, deforestation, depression, sufferings, feeling of helplessness, murdering, theft and robberies. Can there be an independent movement to get rid of them? Just freedom from domination, bullying, abuse and defamation is not enough, if we get defeated by ourselves.

**Marilyn Monroe (born Norma Jeane Mortenson; June 1, 1926 – August 5, 1962)** was an American actress and model. Marilyn Monroe the film goddess became popular, admired for her smile and acting but was threatened by her own weakness of addiction, fickle mind and toxic thoughts, finally she killed herself. After her mysterious death, her movie earned \$100 million dollar, but what is the benefit of it? Her three marriages ended with break ups and finally she died alone, holding a phone in one hand, perhaps till the end she was seeking someone's assistance. Just a irresponsible lifestyle killed her freedom to live, she just lost her life at the age of 36.

## True Liberation:

Let us have freedom from our own low self-esteem, dissatisfaction and ambiguity. Let us have freedom from violence and sufferings. Let us have freedom from addiction. Let us have freedom from chain of negative habits. Let us have freedom from inner and outer conflicts. Let us have peace and harmony. Let us have harmony with the self and harmony with others. To acquire such freedom, we need strength, determination and positive thoughts.



प्रधान मंत्री  
Prime Minister

### MESSAGE

It is great to know that the 3 year Nationwide Exhibition Bus Campaign 'Mera Bharat, Swarnim Bharat' organized by the Youth Wing of Rajyoga Education and Research Foundation is being flagged off on 12<sup>th</sup> August 2017 to take the messages of Yoga, positivity and cleanliness to the youth across the nation.

This innovative campaign to interact with the youth to prepare them to bring more glory to the nation is appreciable. A Swachh Bharat is not only about the cleanliness of the surrounding but also about the positivity of the minds.

My best wishes are conveyed for this laudable endeavour to energize our youth for realizing India's true potential.

(Narendra Modi)

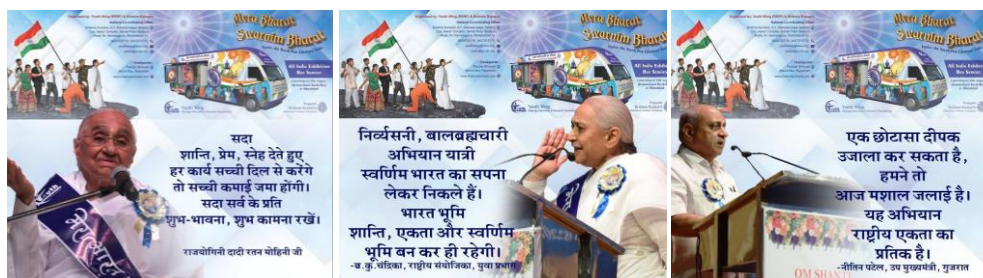
New Delhi  
02 August, 2017

Ms. B.K. Chandrikaben  
National Coordinator  
Youth Wing  
Brahma Kumaris Ishwariya Vishwa Vidyalaya  
Pandav Bhawan  
Mt. Abu- 307501



[Youth Wing : Brahma Kumaris](#) have launched the project for Swarnim Bharat, an all India Exhibition Bus Youth Campaign - Mera Bharat Swarnim Bharat.

Honorable Prime Minister Shree [Narendra Modi](#) appreciated and sent best wishes to Youth wing for 3-year Nationwide Exhibition Bus Campaign.





# Youth Activities

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.** Youth Bus Campaign – Launching event, Ahmedabad, BK Ram Krishna, Motivational Speaker, Hyderabad, Upen Patel, Actor & Model, Bollywood, Pranav Adani, Managing Director, Adani Group, Narhari Amin, Vice Chairperson, Planning Comm. Gujarat, BK Chandrika, National Coordinator, Youth Wing, Brahma Kumaris, Dadi Ratan Mohini ji, Chairperson, Youth Wing & Add. Chief of Brahma Kumaris, BK Sarla Didi, Director, Brahma Kumaris, Gujarat Zone, Nitin Patel, Dy CM, Gujarat, CA Lalit, Secretary, Brahma Kumaris, Mukesh Patel, Income Tax Expert, Parindu Bhagat, Independent Director, Indian Oil Corp. **2.** Bus yatri and guests are taking pledge, **3.** BK Ram Krishna, Motivational Speaker, Hyderabad **4.** Audience. **5.** Upen Patel, Actor & Model, Bollywood addressing the youth. **6.** Dy CM, Gujarat addressing the youth. **7.** Green flag to bus by guests. **8.** Rally

Join us...



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

Learn to meditate. For information about free Raja Yoga meditation courses, visit [www.brahmakumaris.com](http://www.brahmakumaris.com)

For more information about Youth activities, please visit

[www.bkyouth.org](http://www.bkyouth.org)

[@bkyouthwing](https://twitter.com/bkyouthwing)