

## YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

### POINTS FOR SELF PROGRESS

#### CHART FOR THE MONTH OF AUGUST 2017

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#### AIM: Cleanliness is Purity

The other name of purity is cleanliness. In efforts and service, the base of success is clean intellect, clean attitude, and clean karma. If you recall any incidents of the past for a soul or even yourself then that is too uncleanliness. To speak about the weakness of any soul, not to see their value, to speculate over wasteful actions, to be assumptive etc. are all uncleanliness. If in our minds there are thoughts against shrimat, such words and such action, then it is also uncleanliness. To have good wishes and pure feelings, feelings of benefaction, having compassion is purity.

So, come! Let us inculcate purity that is cleanliness and make this world pure and establish a pure world.

#### Method:

WEEK	INCULCATION OF DIVYA DARPAN (DIVINE MIRROR)
First	Cleanliness of the body
Second	Cleanliness of the mind
Third	Cleanliness of wealth
Fourth	Clean relation with relatives and contacts

In every week, whatever aim is given, keep attention on during the whole day. At night before going to sleep write down a minimum of 10 lines in your diary on whatever you have done and about your experience.

❖ In your frame book, write in four/five lines the following by checking the result and keeping a record before going to bed.

1. Good morning - 3.30 am
2. Amritvela - 3.30 to 4.45 am in Baba's room
3. Physical exercises/walking - Hanji
4. Traffic control - 5
5. Murli class - in class
6. Did you read the Avyakt Murli? - Yes
7. The consciousness of self respect – very good
8. Evening yoga - Hanji
9. Cleanliness – 80%
10. Good night – 09.30 pm

❖ During this month, we are specially going to wear two bracelets of maryadas (Godly principles):

1. We will look, listen and interact with others by understanding that I am a soul.
2. We will renounce all the things which are taking us away from cleanliness.

❖ Practice: In every hour let us practice for one minute that I am a supremely pure soul and from the Ocean of Purity, I, the soul, am receiving rays of purity and then I am spreading into the whole world.

❖ Together with the special practice of Divya Darpan, write in your notebook at least 21 times the points of self-respect after noting down today's murli or 10 points of churning. If you have had any good experience, then note it down too.

WEEK	Self Respect
First	I, the idol, am seated in the temple of the body
Second	The mind of I, the soul, is clear and clean
Third	I, the soul, am wealthy with holy wealth
Fourth	I, the soul, am a pure angel

On the first week of each month, fill in a post card as under and send it to the office of the Youth Wing at 6/7, Mahadevnagar Society, Opp. Akar Complex, Sardar Patel Stadium Road, Navjivan, Ahmedabad-380014  
Phone No: (079) 26444415 / 26460944  
Email: [bkyouthwing@gmail.com](mailto:bkyouthwing@gmail.com)  
Website: [www.bkyouth.org](http://www.bkyouth.org)

<b>Name:</b> .....		<b>Center's name:</b> .....		<b>DiDar No.</b> .....	
<b>Good Morning: 90%</b>		<b>Amritvela: 75%</b>			
<b>Physical exercises/walking: 80%</b>		<b>Traffic control: 90%</b>			
<b>Murli Class: 90%</b>		<b>Evening Yoga: 80%</b>			
<b>The consciousness of self respect: 75%</b>		<b>Did you read Avyakt Murli: 80%</b>			
<b>Cleanliness – 80%</b>		<b>Good Night: 95%</b>			
					<b>Signature Of Teacher</b>
<b>Chart : OK / ✖</b>					