



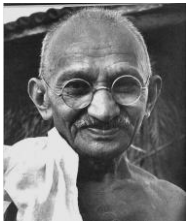
My young brothers and sisters,

Sharing my thoughts with you, the divine, powerful, loving, intellectual and full of energy youths makes me feel so lucky and proud.

Today in the world of competition, the one who is extrovert is considered smart. But it's equally important to become introvert. Therefore, find a corner and sit in silence, channel your thoughts to introspect yourself.

Think and realize how lucky you are because you have got a human life. You have the power to think, work and do whatever you want to do. Your horizons are unlimited. All choices are open for you as a human being. There are four kinds of people: the devils, who have evil thoughts and intentions; the yogis, who have self-control, follow the code of conduct and meditate; the deities, who have ample good qualities and the humans, who have the power to think, act and choose. In order to feel great, think and choose what you want to become and practice the same line of action, but never choose to be a devil.

**B K Chandrikaben**



**From the Desk of Gandhi:** 

A man is but the product of his thoughts what he thinks, he becomes.



## Youth For Change

Muslim youth designs green crematorium. A youth from minority community has designed an eco-friendly, biogas furnace for a Hindu crematorium in Borsad town of Anand.

Firdos Vohra, who has just completed graduation in automobile engineering, has designed a biogas furnace to save wood. The furnace has been installed at a crematorium in Borsad, Gujarat.

**(Source: Times of India, Mumbai, 6<sup>th</sup> June 2012)**

A 13 year old Divya Jain, who is running a campaign for eradication of the use of Polyethylene in Chitaurgarh district wrote letters to the Chief Minister of Rajasthan along with the District collectors of Kota, Bundi, Udaipur, Chittaurgarh, Jaipur, Dungarpur requesting them to involve thousands of prisoners in Environment Awareness Campaign and bring positive change in them and in the society.

**(Source: Bachho ka Desh, Year-14, Volume-5, May, 2012)**

### World's Biggest Fear: Losing One's Mobile:

Guess the biggest phobia/fear around the world: is monophobia (no mobile phone phobia). A research in UK revealed that: Young adults – aged between 18 and 24 – tended to be the most addicted to their mobile phones, 77% of them are unable to stay without their mobile for more than a minute and 68% among the aged between 25 and 34. Fear of loss of mobile phone has risen from 53% to 66%.



### Inside ...

Change your profession at the earliest, if needed, little early

Do not try to guess the future, create it!

Youth and Sports: All about strength to win in the Game of Life Career versus Survival for Sportsman/woman:



# Change your profession at the earliest, if needed, little early

(A friend of mine could not move to reputed university abroad for his post doctoral fellowship due to his father's death and being the elder son, he had to stay back home to look after his family.) Let us not forget the fact that many of us start our career without much thinking or hard work. And sometimes we become happy with the little success and money. Situations in life also force us to chose or adopt a career in which we may not be deeply interested.

One needs to introspect and ask oneself, "Am I happy with my present job? Do I enjoy it? Was this my dream?" We may have started our career with a low profile job because of varied situations, limited qualifications and with a little experience. But, we are continuing to do the same task. We should realise that the present scenario is different from what we had thought, what we had expected. And we must think of change/s in our career to materialise what we had in our mind once. It is always desirable to take decision at the earliest if we yearn to change our profession. The condition is that we must get prepared mentally to come out from the zone which we have created for us.

The Week (May 27, 2012 issue) reported the interview of Actress Parineeti Chopra (recently featured in *Ishaqzaade* movie) where she shared that she wanted to be an investment banker with a degree in Economics and Finance from UK. She was doing her internship at Marketing and Communications Department of Yash Raj Films office. It was her timely decision that brought her to the new acting profession. Timely & early decisions for change in profession work. Think over. Well say better.



## True significance of

# RAKSHA BANDHAN *The Eternal Bond*



Do we ever stop to marvel at the magic of love? They say love is as delicate as a flower that a single touch can bruise it, and yet so strong as to withstand all storms. Love is the epitome of freedom and power but only when grounded in Purity and Spiritual principles. The Festival of Raksha Bandhan (Bond of Protection) speaks of this Sacred, Loving relationship that nurtures, protects and uplifts.

As per tradition, sisters apply 'tilak' on the forehead of their brothers, tie a colourful decorated "rakhi" or thread on their brother's wrist, and offer sweets as a token of their love. In return, the brother vows to protect his sister under all circumstances and of course, gives his sister 'kharchi' or a gift.

Raksha bandhan has a much deeper spiritual explanation. The 'tilak' is a sign of being victorious as we got entangled in the bondage of 'BODY-CONSCIOUSNESS' and the web of the vices (lust, anger, greed, attachment and ego) overpowered us and influenced us to perform negative actions, which in turn caused sorrow. It is also a symbol of awakening one's awareness of "Soul-consciousness", realizing our true identity of being

an infinitesimal point of divine energy - Soul, Atma, Ruha, Spirit or divine light energy, and NOT the physical body. Tying a "rakhi" is a symbol of a bond of chastity or purity in thought, word and deed. No action goes fruitless - good or bad, we will face the consequences. So, make a pledge to stay in your original nature of peace, love, purity, wisdom, mercy... my every thought, word and action becomes elevated and divine. Then, we receive the sweets as God bestows on us divine wisdom, becomes our true protector and liberator, and showers us with unlimited peace and happiness! Under His canopy of protection, we can be truly safe.

And the gift I give is to see every other being as a child of God and part of my spiritual family. This unlimited vision of brotherhood breaks all barriers of caste, creed, age, gender, religion, socio-economic status, sanskars (personality traits).... I can live by my TRUE SELF-RESPECT and help others to do the same.

This is how to truly celebrate Rakshabandhan.

*Please make the time to get your RAKHI tied as a special blessing from God by visiting a [Brahma Kumaris Centre](#) near your place.*

*Do not try to guess  
the future, CREATE it!*



The best way to predict the future is to create it; most of the people sometime get thinking and guessing about the future. Even if one can see the future, he will not succeed. Any action needs preparation for the want of necessary actions, practice, patience and perseverance. One may foresee the examination question, but answering those questions needs at least 70% of preparation on the entire subject. More one tries to guess the future, more restless one becomes. There is a difference between guessing and analysing, but too much analysis and delay attracts the opponent to react.

One can create one's own world with one's own powerful thoughts. To protect and to sustain it, one needs a clean heart and determination, as opposite forces which are negative, are equally powerful.

Clean heart, powerful and pure intelligence can solve many problems, say all problems.

The most painful thing is "ethical dilemma"; let someone who understands solve it as early as possible. It will reduce your psychological pain to zero stress. Do not avoid or run away from it arguing with yourself that you've no time, you are fully busy. After understanding this, your need is to get empowered and have positive thoughts about the self and the future of the self. **Enjoy life: Thinking of Past Pain is more painful than the Pain itself.**

Youth can do wonders! It seems difficult but it is achievable. A sharp intellect and a clean heart can solve each and every problem of life. To make your heart and mind clean you need the understanding of life.

My experience says the biggest mistake we have been doing is to think that I am a body.

In reality, we are invaluable, self luminous, divine entity consisting of a mind, an intellect and resolves which are driving this body.

We need a break of 2 minutes every two hours to connect the self with the Universal energy of Peace, Happiness and Purity. This practice can solve almost all the problems of life in 15 days. Practice these simple learning techniques and start. Do not wait for others to initiate you to be on a good path. Step forward and God will help you with million steps in your journey.

So let us take 2 minutes and connect with ourselves by this practice:

### Still like an ocean:

Imagine yourself seated by the sea-shore. Are you seeing the waves of the ocean? Look how the waves of the ocean are coming up to you and then going away again. You are the children of the Supreme Father, the Supreme Soul, the Ocean of Knowledge, and so you have to pick up this virtue from the ocean so that if waves of negativities enter your mind, you have to make them go away.

Are you seeing the rubbish thrown out by the waves of the ocean to the shores? So, you should have the same nature as the ocean. No rubbish should stay in the mind.

Look, on the surface, there may be very many waves in the oceans, but it is completely still below. You also have to become as still and patient. When a diver dives into the ocean, he brings back pearls and jewels from the ocean. In the same way, churn the ocean of knowledge, go into the depths of knowledge and you will find precious pearls, jewels and diamonds.



## The A-Z of Spiritual Living

### **B is for Bravery**

A quality of spirit that enables you to face danger of pain without showing fear

It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends.

J. K. Rowling

Author of the *Harry Potter* fantasy series

# Youth and Sports: All about strength to win in the **GAME OF LIFE**



*Career versus Survival for Sportsman/woman*

Maintaining a successful career is not so easy. The heartbreaking story of Nisha Rani Dutta who was honoured with number of international sports medal in the Archery was forced to sell her silver bow to repair her collapsed house.

The girl holding silver medal at the 2008 South Asian Federation Championship in Jharkhand, a bronze medal at the 2006 Bangkok Grand Prix, and the Best Player award in the 2007 Asian Grand Prix in Taiwan, in spite of her achievements is struggling to get a job and a loan to pursue sports education. Definitely it is a sincere request to sports community to look at this matter; such examples create a sense of frustration among the sportsman. That is the reason why youth, who is aspiring to be a successful sportsperson should have a balanced lifestyle, patience and courage to last in the long run. In spite of all the skills and expertise a sports personality fails on the ground of psychological strength to fight with the economic and family problems. In India, a lot of initiative needs to be taken to honour a sports career. As far as sports are concerned, it needs regular practice, hard work, good food and a healthy and happy mind. In the above case, Nisha is confessing during her interview with the Hindu that she is struggling to arrange a square meal for the family. (*The Hindu, 9<sup>th</sup> May 2012*)

Analysis of the above news: In addition to physical training, the positive thinking can do wonders. The coaches can guide to win in the field but quite often a player who wins the world gets lost in the game of life. So sports training should not be limited to just physical training. Psychological training too helps to prepare the perfect sportsman.

## 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.*



*Jagdish Gaonkar,*  
*Participant- Life Skill Educational Camp*

"There were the most precious moments of my life. 'Positive Thinking', 'Complete Personality Development' and 'Value Education' were the topics I enjoyed the most.

Moreover, the talks on Swami Vivekanand and Mahatma Gandhi have inspired me a lot. Now I know how to behave with others and how to take decisions without getting nervous".

*Davangere (Karnataka):*  
*Participants of the Life Skill Education Camp.*



Join us...



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