

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF AUGUST 2018

AIM: Dissatisfaction (unhappiness) free.

The basis of satisfaction (happiness) is all attainments. The basis of dissatisfaction (unhappiness) is no attainments. The specialty of Brahmin life is to be pleased, contented, satisfied. Even if someone says swearword then there should be no trace of sorrow on our face. Let the one who speaks swearword get tired but we should remain contented. Not that someone spoke for an hour and I spoke just a second. If you spoke or thought for even a second, and there is the reflection of being unpleased then you have failed. Satisfaction means the smile of the soul!

So, come, let us remain free from dissatisfaction, and through our pleased face please all the souls!

Method:

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
First	Free from a dissatisfied speech
Second	Free from a dissatisfied face
Third	Free from a dissatisfied mind
Fourth	Free from a dissatisfied self, Father and Drama

❖ For whatever aim is given, let us keep attention during the whole day and at night, write at list 10 lines of your efforts or your experiences in your diary.

❖ In your frame book, write in 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/no
7. The consciousness of self respect – very good
8. Evening yoga - Hanji
9. Free from dissatisfaction – 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 remain satisfied by thinking that all the scenes of drama are for welfare.
2. We will see everyone's part as an observer.

❖ Practice:

In every hour for one minute, stay in the stage of an observer by being a detached observer and analyze the past previous hour.

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

WEEK	SELF RESPECT
First	I, the soul, am speaking sweet words
Second	I, the soul, am always cheerful
Third	I, the soul, am staying in the stage of manmanabhav
Fourth	I, the soul, am pleased with the self, the Father and Drama

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. Akaar Complex, Sardar Patel Stadium Road, Navjivan, Ahmedabad-380014

Phone No: (079) 26444415 / 26460944

Email: bkyouthwing@gmail.com Website: www.bkyouth.org

Also, if you want to join the maryada purushottam group, please mention in your post card.

Name:		Center's name:		DiDar No.	
Good Morning: 90%		Amritvela: 75%			
Physical exercises/walking: 80%		Traffic control: 90%			
Murli Class: 90%		Evening Yoga: 80%			
The consciousness of self respect: 75%		Did you read Avyakt Murli: 80%			
Free from dissatisfaction: 80%		Good Night: 95%			
				Signature of Teacher	
Chart: OK / ✖					
I wish to join the Maryada Purushottam Group:					