

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF FEBRUARY 2018

AIM: Liberation from waste thoughts

As per the time, it has become inevitable for us Brahmin souls to get liberated from waste thoughts. To have waste thoughts or make others having waste thoughts, is impurity. The leakage of waste thoughts is destroying our spiritual power. Waste thoughts is keeping us far away from spiritual bliss. Why this? What is this? It should not be like this... It should be like this... these waste thoughts is depriving us from using our specialties in godly service. Ego and insult are the two main reasons which are the instruments of creating waste thoughts.

So, let us liberate ourselves from waste thoughts and make the souls of the world liberated and open the door of liberation.

Method:

WEEK	EFFORTS FOR DIVYA DARPAN (DIVINE MIRROR)
First	Make the past, past
Second	Transform reasons into solutions
Third	Practice of a detached observer
Fourth	Souls conscious stage

For whatever aim is given in every week, let us practice whilst walking, moving around, working and also churning. Let us write at least 10 lines. Check every night on how many % we have liberated ourselves from waste thoughts.

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

1. Good morning - 3.30 am
2. Amritvela in Baba's room- 3.30 to 4.45 am
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. Waste thoughts – 80%
10. Good night - 09.30 pm

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

1. Stay liberated from looking at others and thinking about others.
2. The stage of seeing without seeing, listening without listening.

❖ Practice: Every hour, practice self-respect for one minute.

❖ 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.

❖ Self respect:

1	I, the soul, am making past is past.	15	I, the soul, am the giver of sakash to all.
2	I, the soul, am trikaldarshi.	16	I, the soul, am walking accurately on the rail of drama.
3	I, the soul, am becoming bindu and putting bindu.	17	I, the soul, am settled on the stage of nothing new.
4	I, the soul, am putting bindi on the past.	18	I, the soul, am appreciating the part of every one.
5	I, the soul, am learning lessons from the past.	19	Every scenes are benefactor for I, the soul.
6	I, the soul, am forgiving.	20	I, the soul, have the complete rights on Baba's inheritance.
7	I, the soul, am the giver of solutions to reasons.	21	I, the soul, am merciful.
8	I, the soul, am knowledgeable.	22	I, the soul, am detached form the body.
9	I, the soul, am master sun of knowledge.	23	I, the soul, am a shining star.
10	I, the soul, am the form of settlement.	24	I, the soul, am incorporeal.
11	I, the soul, am the statue of support	25	I, the soul, am a beam of light.
12	I, the soul, am the statue of salvation.	26	I, the soul, am a point of light.
13	I, the soul, am knowledgeable.	27	I, the soul, am the best.
14	I, the soul, am a detached observer.	28	I, the soul, am the owner of this body.

During the first week of each month, fill in a post card and send it to the office of the Youth Wing at 7, Mahadevnagar Society, Opp. Aakar Complex, Sardar Patel Stadium Road, Navjivan, Ahmedabad-380014
 Phone No: (079) 26444415 / 26460944 Mobile: (+91) 9427313773
 Email: bkyouthwing@gmail.com Website: www.bkyouth.org

Name:		Center's name:		DiDar No.	
Good Morning: 90%		Amritvela: 75%			
Physical exercises/cycling: 80%		Traffic control: 90%			
Murli Class: 90%		Evening Yoga: 80%			
Consciousness of self-respect: 75%		Did you read Avyakt Murli: 80%			
Free from waste thoughts: 70%		Good Night: 95%			
Chart : OK / ✖			Signature Of Teacher		