

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF FEBRUARY 2017

AIM: Constantly serviceable

When we are busy in service through the body - mind - wealth, mentally, verbally, physically as a constantly serviceable person then we become easily the conqueror of Maya and the conqueror of the world. The consciousness of the body is easily and naturally forgotten. Whilst doing service, there is nothing else that we see except the Father and service and we dance the dance of happiness. Doing service means to take benefits. There is double benefit in each and every action. If there is any obstacle from the atmosphere, the company or laziness whilst doing service then our service is ruined. Therefore never come inside any obstacle. There should be no obstacle even in our thought. Such constantly serviceable souls never come into the cycle of waste.

So, let us become constantly serviceable, benevolent like the Father and let the world get their inheritance of peace, love, bliss and all the powers from the Donor.

Method:

WEEK	INCULCATION OF DIVYA DARPAN (DIVINE MIRROR)
First	Mentally
Second	Verbally
Third	Physically
Fourth	Through wealth

On the aim given for every week, we should practice and churn whilst walking, wandering and working. Write a minimum of 10 lines about it. And everyday at night, we have to check, how many % we stayed constantly serviceable.

- ❖ Special activity: On the first Sunday of each month, keep a workshop for all the youths and the divya darpan chart writers. Create groups and tell them to discuss on the following points:
 1. What is the definition of a constantly serviceable soul?
 2. How and when to do service through the mind?
 3. What are the points we should be aware of whilst doing service verbally?
 4. What are the disciplines for physical service?
 5. What mentally to keep when doing service through wealth?

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 - 3.30 to 4.45 am, in Baba's room
3. Physical exercises/walking - Hanji
4. Traffic control - 5
5. Murli class - heard in class
6. Did you read the Avyakt Murli? - Hanji
7. The consciousness of self respect – very good
8. Evening yoga - Hanji
9. Constantly serviceable – 60%
10. Good night - 09.30 pm

- ❖ During this month, we are specially going to wear two bracelets of maryadas (Godly principles):
 1. Always understand I am a great soul whilst thinking and doing an action.

2. See specialties in each and everyone.

❖ **Practice:**

In every hour, give the light of any of these virtues knowledge, love, bliss, happiness, peace, purity and powers to the 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.

❖ **Self respect:**

WEEK	SELF RESPECT
First	I, the soul, am complete with pure feelings and good intentions
Second	I, the soul, am the giver of knowledge through words
Third	I, the soul, am the giver of virtues through actions
Fourth	I, the soul, am a godly server

During the first week of each month, fill in a post card and send it to the office of the Youth Wing at 6/7, Mahadevnagar Society, Opp. Aakar Complex, Sardar Patel Stadium Road, Navjivan, Ahmedabad-380014
Mobile: +91 9427313773 Email: youthwing@bkivv.org Website: www.bkyouth.org

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%			
Constantly serviceable: 60%		Good Night: 95%			
			Signature Of Teacher		
Chart : OK / ✖					
I wish to join the Maryada Purushotam Group:					