

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF JULY 2017

AIM: Time to return home!

Now has come the auspicious moment in which Baba and time are invoking us and giving us the indication to returning home. Hey souls! Are we ready to go back to our home? We should have mercy for the souls of this world as they are crying out of sorrow and our devotees also are calling us. There is only one voice emerging from all sides that now open the doors of liberation, take us back home. When this call will repeat within us then only the same waves will be revealed. How long do we want to stay in the sorrowful world? Now this world is coming to its end.

So, come! Let us remember this slogan of lovely Didi Manmohini Ji “Now is the time to return home”, make our stage elevated and give the attainments of liberation and liberation in life to the souls of the world.

Method:

WEEK	INCULCATION OF DIVYA DARPAN (DIVINE MIRROR)
First	Renouncing the consciousness of the body
Second	Renouncing attachment in relationship
Third	Renouncing the evil actions performed by the senses
Fourth	Renouncing wasteful and vicious thoughts

In every week, whatever aim is given, through murli take out points of “returning home” and keep attention on during the whole day, churn and practice. At night, write down a minimum of 10 lines in your diary.

❖ **Activity:** On the first Sunday of the month, keep a gathering for yoga practice for all the Divya Darpan chart writers and let everyone make their own action plan.

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. Renouncing and disinterest – 70%
10. Good night – 09.30 pm

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

1. To bring the expansion into essence.
2. Not to be influenced by anything of this world.

❖ **Practice:** In every hour for one minute let us go to our sweet land paramdham and our kingdom of heaven and let us fill ourselves with happiness, peace, love and purity.

- ❖ 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 soul, am a shining elevated star
Second	I, the soul's, companion is God Himself
Third	I, the soul, am victorious over the vices
Fourth	I, the soul, am the one who think great thoughts, speak great words and do great actions

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
 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%			
Renouncing & Disinterest – 80%		Good Night: 95%			
					Signature Of Teacher
Chart : OK / ✗					