

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF JUNE 2017

AIM: From satisfaction towards spirituality

Satisfaction is the easy method for spirituality. Happiness is the easy attainment. The ones who have satisfaction they will always look happy. Satisfaction is the attainment for all. Satisfaction is the instrument for the inculcation of all specialties. The treasure of satisfaction pulls all the other treasures towards itself. Satisfaction is the practical proof of the subject of knowledge. Satisfaction makes one a carefree emperor. Satisfaction is the instrument to stay set on the seat of self-respect. Satisfaction makes us free from the cycle of yours and mine and makes us the spinner of the cycle of self-realization. Satisfaction is the breath of Brahmin life. Satisfaction is the instrument of progress of Brahmin life.

So, come! Let us inculcate satisfaction and spread the light of spirituality in this world.

Method:

WEEK	INCULCATION OF DIVYA DARPAN (DIVINE MIRROR)
First	Satisfaction with the self
Second	Satisfaction with the Father
Third	Satisfaction with Drama
Fourth	Satisfaction with the Godly Family

In every week, for whatever aim is given, take out points from the murli and pay attention the whole day for efforts, practice and churning. At night, write down a minimum of 10 lines in your diary.

Special activity: On the first Sunday of the month, for all the youths and the ones who are filling up the chart of Divya Darpan should sit in solitude and think about the following questions:

- (1) How to stay satisfied with the self?
- (2) How can the Father be satisfied with us?
- (3) How to remain satisfied while seeing all the scenes of Drama?
- (4) How to stay satisfied with the Godly Family?

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/no
7. The consciousness of self respect – very good
8. Evening yoga - Hanji
9. Satisfaction – 70%
10. Good night – 09.30 pm

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

1. We will transform mine into yours.
2. Wherever you make us sit, whatever you make us eat, wherever you keep us – be content.

Practice: In every hour, send this thought for all souls “let good happen to all and may all be happy”.

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 the jewel of satisfaction
Second	I, the soul, am Baba’s dear child
Third	I, the soul, am immovable - unshakeable
Fourth	I, the soul, am loved by all

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%			
Satisfaction – 40%		Good Night: 95%			
					Signature Of Teacher
Chart : OK / ✗					