

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF JUNE 2018

AIM: Free from jhamela (disputes/mess/disagreements/clashes/quqrrresl/arguments/differences)

The aim of Brahmin souls is to be free from jhamela. In this world of jhamela, jhamela will come but we have to be free from them. Baba has showed us an easy technic to stay liberated from jhamela that is however is the person or the situation, we should keep our mind and intellect away. We should not bump our head in such mountains of jhamela but instead celebrate a sweet meeting with Baba by which we will fly high and we will go beyond these mountains of jhamela.

So, come! Let us become free from jhamela in our mind, words, actions, relations and contacts and become examples for the souls of the world.

Method:

| WEEK | INCULCATION OF DIVYA DARPAN (DIVINE MIRROR) |
|--------|---|
| First | Free from jhamela in the mind |
| Second | Free from jhamela in words |
| Third | Free from jhamela in actions |
| Fourth | Free from jhamela in relations and contacts |

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 together and do a workshop on the following questions:

- (1) What is to be free from jhamela?
- (2) How can we become free from jhamela?
- (3) What are the disciplines for being jhamela free?
- (4) 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/no
7. The consciousness of self respect – very good
8. Evening yoga - Hanji
9. Free from Jhamela – 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 never create any jhamela.
2. We will stay in self-thinking.

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 thinker of powerful thoughts |
| Second | I, the soul, am the speaker of sweet words |
| Third | I, the soul, am a great karmayogi |
| 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%

Physical exercises/walking: 80%

Murli Class: 90%

The consciousness of self respect: 75%

Free from Jhamela – 40%

Amritvela: 75%

Traffic control: 90%

Evening Yoga: 80%

Did you read Avyakt Murli: 80%

Good Night: 95%

Signature Of Teacher

Chart : OK / ~~OK~~