

## YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

### POINTS FOR SELF PROGRESS

#### CHART FOR THE MONTH OF MARCH 2018

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#### AIM: Free from attachment

The aim of us Brahmins is to become free from attachment. There are four steps of attachment: effect, attraction, inclination, attachment. Effect means liking. To like the knowledge shared by a soul, to like their virtue, to like their special way of doing service, etc. When your thoughts go towards a soul or assets now and then thinking that if it was there then it would have been better, then it is attraction. Inclination means there will be the feelings of happiness only when that soul or assets are there otherwise the mood is off. Attachment means that it is impossible to live, to do service, to work without that soul or assets. For many, attachment do not take them to the old world but make them lonely. If there is the love, the powers of the Supreme father in your heart, if your heart is filled with the knowledge given by the Supreme Soul, it is not empty then you will never be inclined or attached to anything.

So, come, let us be free from attachment.

#### Method:

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
First	Free of attachment from splendor
Second	Free of attachment from resources
Third	Free of attachment from relations
Fourth	Free of attachment from our own body

For whatever aim is given in every week, let us study and churn whilst on the move and whilst working. Write at list 10 lines about it. Check daily at night how many percentage was I free from attachment?

❖ **Special Activity:** On the first Sunday of the month, keep a workshop for all youths and all the brothers and sisters who are filling the Divya Darpan Chart. Make groups and let them discuss on the below questionnaire:

1. What is the definition of being free of attachment?
2. What are the points of knowledge for becoming free from attachment?
3. What are the inculcations for becoming free from attachment?
4. What are the benefits for becoming free from attachment?

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 attachment – 60%
10. Good night - 09.30 pm

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

1. Daily at amritvela, the period of the beginning, let us imbibe in our heart the love of the Supreme Soul fully.
2. Daily when going to sleep, let us give our chart of the day to Baapdada, make our intellect empty and sleep with the Father.

❖ **Practice:**

In every hour, let us fill in the self the rays of love coming from the Ocean of Love and spread to the whole world.

- ❖ Together with the special practice of Divya Darpan, write in your notebook after noting down today's murli, at least 21 times the points of self-respect 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 idol of the love of the Supreme Soul
Second	I, the soul, am complete with the powers of the Supreme Soul
Third	I, the soul, am the Supreme soul's Ganges of knowledge
Fourth	I, the soul, am loyal and obedient of orders

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](mailto:bkyouthwing@gmail.com) Website: [www.bkyouth.org](http://www.bkyouth.org)

Also if you want to join the maryada purushottam group, please mention in your post card.

<b>Name:</b> .....		<b>Center's name:</b> .....		<b>DiDar No.</b> .....	
<b>Good Morning: 90%</b>		<b>Amritvela: 75%</b>			
<b>Physical exercises/walking: 80%</b>		<b>Traffic control: 90%</b>			
<b>Murli Class: 90%</b>		<b>Evening Yoga: 80%</b>			
<b>The consciousness of self respect: 75%</b>		<b>Did you read Avyakt Murli: 80%</b>			
<b>Free from attachment: 60%</b>		<b>Good Night: 95%</b>			
<b>Chart : OK / ✖</b>			<b>Signature Of Teacher</b>		