

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF MAY 2017

AIM: The one who defames us is our friend!

Our beloved Baba has given us a beautiful slogan that is 'the one who defames us is our friend.' In the world, there is no any human being who has been praised all the time. That is in everyone's life there is always someone who is defaming or criticizing the other's work. All souls are moving forward towards their perfection which means that they have not become perfect but they are making the effort. Every souls have both virtues and weaknesses. Denigrators always pay attention to the incompleteness, defects and weaknesses of other souls. Baba says the ones who defame us are our friends because they are always pointing towards us our weaknesses and defects and in this way, they pave our way towards perfection.

So, come! Let us give good wishes and pure feelings to the souls who are defaming us and keep moving ahead in our efforts.

Method:

WEEK	INCULCATION OF DIVYA DARPAN (DIVINE MIRROR)
First	Take a positive meaning to someone's defamation
Second	Make a point to change for the deed defamed
Third	Have good wishes for the defamer
Fourth	Have a loveful interaction with the defamer

In every week, for whatever aim is given, write down a minimum of 10 lines in your diary about the churning or the effort you did.

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) What is the thing for which you are defamed?
- (2) How many percentage do you feel this defamation to be right?
- (3) To remove this defect which value would you inculcate?
- (4) Create an 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. Did you make a defamer your friend? – 60%
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 make our mood off due to someone's defamation.
2. We will never defame our defamer.

Practice: In every hour, for one minute we will take rays of love from Baba and spread on our denigrator.

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 ancestor
Second	I, the soul, am a great effort maker of the Confluence Age
Third	I, the soul, am complete with good wishes and pure feelings
Fourth	I, the soul, am a drifting Ganges of love

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%			
Make a defamer your friend – 40%		Good Night: 95%			
				Signature Of Teacher	
Chart : OK / ✗					