

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF OCTOBER 2017

AIM: Complete cleanliness

Cleanliness means purity in thoughts, words, actions, relations. The color of purity is always shown in white. To be clean means body, mind and heart to be flawless. If anyone is clean physically that is he is externally clean, clear but his mind is not clean, clear then he will be told to clean his mind first. The Lord is happy with a clear mind and a clean heart. Physical cleanliness means to understand this body being the temple of the soul and to remain clean with this thought. The Father has given this body to us to handle and to take care. We are trustees of this temple. We use the mind to remember Baba or to do world service. If the mind wanders then it is uncleanliness. There must be only Baba in the heart, no one else. That is the cleanliness of the heart.

So, come, let us follow complete cleanliness by inculcating complete purity and then clean the world completely.

Method:

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
First	Cleanliness of the body
Second	Cleanliness of the mind
Third	Cleanliness of actions
Fourth	Cleanliness in relations

For whatever aim is given in every week, let us keep attention during the whole day and before going to bed let us write at least 10 lines in our diary about the experience we had.

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. Complete cleanliness – 80%
10. Good night - 09.30 pm

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

1. Mine is only Baba and no one else.
2. Sitting in your company, eating in your company, speaking to you only...

❖ Practice:

In every hour for one minute, we will sit in our stage of complete purity.

❖ 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, the living idol, is seated in this bodily temple
Second	I, the soul, am singing the name of the only one
Third	I, the soul, am the benefactor of the world
Fourth	I, the soul, am supremely pure

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 Mobile: (+91) 9427313773
 Email: bkyouthwing@gmail.com Website: www.bkyouth.org
 Also if you want to join the maryada purushottam group, please mention in your post card.

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%			
Complete Cleanliness: 80%		Good Night: 95%			
Chart : OK / ✗			Signature Of Teacher		