



“ Youth Kal ka Shilpkar ”

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Dear Young friends,

The Youth Wing of the Brahma Kumaris organized a National Retreat at Manmohinivan Complex, Abu Road, Rajasthan from 20th to 24th July 2018 on the theme of: “Youth – Kal ka Shilpkar”. More than 225 youths from all over India participated. We had wonderful sessions mainly on how a youth can identify his/her goal, move forward, the possible barriers and the hindrance and how to overcome them? How youth can become the future role model for the self, the society and the country?

One workshop was on “Harmonizing the Hammers”, which was aimed at understanding various kinds of situations, problems, hurdles one faces towards achieving their goal. Our workshop coordinator shared on this topic that at a construction site of a temple, there were so many sculptors engaged in carving the stones. The workers developed harmony with the hammer and the sound. The stone failing to bear the hammer breaks and it may be used as a footstep whereas the stone bearing the hammer becomes an idol and it is worshiped.

Life hammers us in many ways in order to shape us like an idol. Bear them, enjoy them, and design your life. Hammers are good.

OVER-CONFIDENCE

A BIAS IN YOUTH LIFE

The person, who is suffering from over-confidence bias will give more importance to the private information than public information. Out of research, it is found youth used to suffer from over-confidence bias. The research says over-confidence leads to either over-reaction or under-reaction. Either a person becomes hyper or lethargic with too much confidence on his ideas, experience and abilities. There is different form of over-confidence. A question was asked to a youth “how good is he/she driving on road relatives to others”? Most of the youth answered average or above average. None of them answered below average, means there is confidence among the youth. That is good! But one should have the true understanding of self-ability, knowledge and skill. Over-confidence leads to over-reaction; one becomes impatient and damages his future.

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Simplicity is beauty

Choose a day as your day of simplicity.

Speak little, and listen with attention. Do something incognito and nice for a person you are close to. Eat simple and natural food.

Create time periods for not doing anything - just walk, look around, live the moment. Have your mind open to a more profound and silent sensitivity.

Appreciate each scene and each person as they are.

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A journey from
Head to Heart
Emotional Awareness

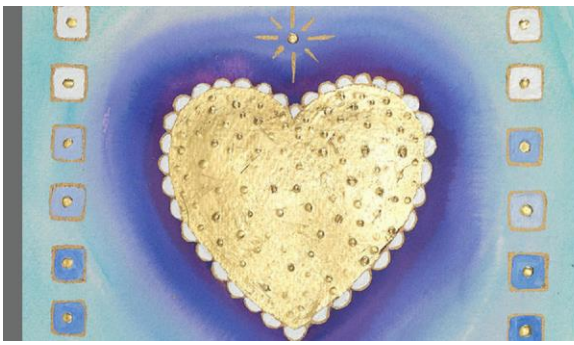
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A journey from Head to Heart

The longest distance in the World is from the head to the heart (A million dollar statement by an unknown master). The longest journey that you will make in your life is from your head to your heart. The journey into the heart is our future and it is our only way of creating a future. It is a movement towards wholeness, integrity and compassion. It is an emotional awareness. To become aware of everything that you are feeling at every moment is very difficult because you experience so much pain each moment. Becoming aware of our emotion means becoming aware of our pain. It is challenging, unpleasant and difficult. It is most rewarding than any of us can imagine. The awareness is transforming human experience.

Becoming emotionally aware is a process and creating an authentic power is lifelong endeavour. Today's education is shaping our intellect and logical thinking. We are intellectually strong, sharp and focused but the problems of life need more humanitarian approach of flexibility, empathy and cooperation than the logic. In the world of science, intelligence matter in the society and the family, we need sympathy and sensitivity.

Self-awareness leads the individual to analyse the purpose and existence of life, it helps in analysing life at every thought. Self-awareness helps in connecting the dots or different facet of life. Which awareness? The awareness of spiritual being, the awareness of spiritual treasure of virtue, might and love in every individual. The awareness of the Spiritual Father and His presence in and around me, His cooperation. The awareness of the divine energy and relation which have been binding us. The journey of such experiences is long and a few initiate the footsteps of courage. We give so much excuses and many of us get tired or tumble. It is invisible and slippery. The word relapsing is appropriate in this journey as many of us feel safe in reverting back to the starting point. Physically, we are aware of our existence but emotionally ignorant of our strength, capacity and ability.

Lao Tzu said that the first step on the path to wisdom is the ability to say, "I don't know." In the Brahma Kumaris millions of souls are emotionally aware and determined to cover the journey. Life is filled with energy and motivation to march ahead and to take the millions along. It is not just a solo journey, many will join with you and many are already there. It is the journey of joy and relaxation.

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OVER-CONFIDENCE A BIAS IN YOUTH LIFE

An over-confident person may try to see positively or a good outcome without sufficient hard work and effort. There are other forms of over-confidence besides driving, the ability to forecast, the agility to maintain relationship, decision making, good at job, etc. Throughout the day, all of us suffer from different form of over-confidence, giving little importance to other's knowledge, ability and experience.

Self-respect is good to get rid of frustration, but true estimation of the self helps in choking out a proper plan. We have to accept the reality and act accordingly. Research states that boys are more over-confident than the girls. Many times over-confidence makes one dormant, lethargic and inept, will not listen to anyone and ignore the seniors or good wishers advice. Youth suffering from too much over-confidence demeans other but hardly act or initiate. It seems over-confidence germinates ego and complacency, many are often confident about their luck. Thinking self-lucky without doing anything, waiting for divine intervention, miracle, etc. are fatalism. Initiate, contact the right person, accept good suggestion and advice, march ahead, keep patience, every day one step, slowly, steadily increase your pace. A day will come when you can fly.

RAKSHA BANDHAN

the eternal bond

The festival of Raksha Bandhan, celebrated in the month of *Shravan* (August) on full moon day, commemorates the sacred loving relationship between brothers and sisters. How did this festival come to be celebrated as a promise for protection?

According to legends it is believed that Indra's wife Indrani tied Indra a *rakshasutra* as a symbol of protection and Indra won the battle against demons and the deities reclaimed their sovereignty over heaven. According to another legend, when Yamuna, the sister of Yama, the lord of death tied a *rakhi* to him, he declared that whosoever would tie this bond of purity and eschew lust would be liberated from the fear of death and attain immortality. In earlier times, Brahmin priests used to tie a sacred thread to all family members to protect them from harm and evil.

These stories highlight the fact that when purity is upheld in any relationship, it turns into a power of protection. Today it is a sad truth that even though brothers vow to protect the honour of their sisters, many women fall prey to the lust of men. It is not possible for a brother to protect his sister all the time. If the brother is younger, physically ill or staying far away how can he protect his sister?

If we think about it – everyone, including males, needs protection in these times of fear and insecurity. Humans have limited resources and power. Nobody can ensure the safety of others. Only God is the Supreme Protector who can lead us to safety and security in the true sense. God is surely more mighty and loyal protector than a human being. In fact, the deadliest enemies of all human beings is the vices such as lust, anger, greed and ego. And it is God alone who shares the wisdom that helps humans attain victory over the vices.

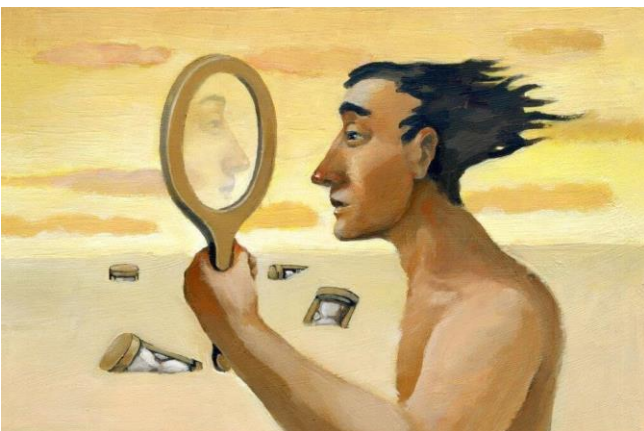
The tilak applied by sisters on their brothers' forehead after tying the rakhi is a symbol of the soul, which is who we really are. Brahma Kumaris see every human as a spiritual being and make them aware of their spiritual identity in order to foster peace and universal brotherhood.

As long as the soul remains true to its innate values and connected to God the Supreme Protector, it remains safe. So let us celebrate this auspicious festival in its true spirit of purity and spiritual love. Let us strengthen our bond with God the Supreme Protector.

Please make the time to get your RAKHI tied as a special blessing from God by visiting a [Brahma Kumaris](http://www.brahmakumaris.org) Centre near your place.

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Remind Yourself



If you know a little of yourself, you will have realised that you are more than meets your eyes in the mirror in the morning. What you see is not what you are. You see the form not the content, the body not the soul, the matter not the mind. In quiet and profound moments, we innately know that is true. But we forget. The world tells us and wants us to believe that we are what we see - and we take the easy way out. We believe.

That's why the awakening of spirit and the flowering of our spirituality (nothing to do with religion) means we have to keep reminding ourselves, a hundred times a day, I am a soul - not a body, I am an eternal spirit - not a perishable piece of meat. I am quality, not quantity. I am. Otherwise, freedom is not possible. And if we are not free, in the deepest space inside our own being, we cannot be truly happy.

Youth Services

To inspire, to empower, to realise, to rededicate, to meet, to share, to break all bondages like addictions, bad habits and blind faith, to spread the message of brotherhood by developing spiritual consciousness.

Youth Wing of Brahma Kumaris organised National Retreat on "**Youth : Kal Ka Shilpkar**" theme during 20-24th July at thier Manmohinivan Complex, Shantiva, Abu Road, Ahmedabad. The retreat was inaugurated on 20th Evening by Shri Pawan Kumar Bansal, Former Railway Minister, Rajyogi Bro Nirwair (Brahma Kumaris - Secretary General), BK Chandrika (Vice Chairperson - Youth Wing, RERF), Bro. Shri Shyam Singh Rajpurohit, State Director, Nehru Yuva Kendra Sangathan, Rajasthan. More than 225 participants from all over India participated in the retreat and have gone through the process of identifying their goal, ways and means to achieve it and what could be probable hurdles, barriers and their solutions. How they can be future role model for the society and the world. The participants experienced practical meditation guidelines which help them for self realization and their role.



Youth Wing of Brahma Kumaris, Lucknow organised the workshop session on "Rise and Shine", activities were done though self-reflection questions by focused group discussions.

Glimps of Mera Bharat, Swarnim Bharat Bus campaign, total days 380, total program 3501, total distance covered 33511, total benefited 625832, total youth benefited 511813, current location of bus at at Vizianagaram, AP.



Glimpse of "Let's walk for Young Women's Dignity", walkathon, event held on the occasion of International Youth Day (12th August) in different cities of India. Youths walked across the streets of the city to raise awareness in the younger generation towards its responsibility of restoring and promoting the values of ancient Indian culture.



Ahmedabad, Gujarat



New Delhi



Agra, U.P



Goa



Gwalior, M.P



Andhra Pradesh



Bhopal



Raipur



Mumbai



Lucknow



Jaipur



Join us..



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