

The month of January is very important in my life. There are many memorable dates in this month.

1st of January, I am wishing all the readers of our e-Newsletter a **“Happy, New and Great Year 2019”**. Let us introspect what we did in the last year, and check what we should have done? What are my learnings from this gone year? How could I have a better year? Let us make a plan for 2019 out of the last year’s experiences and learnings as the past mistakes always give a clue for future accuracy. Let us settle the pending promises of last year first and decide three things for self-improvement and self-implementation for this New Year 2019.

12th of January is the birthday of Swami Vivekananda Ji which has been celebrated as **National Youth Day**. The famous saying of Swami Vivekananda is “Arise, Awake and Stop not till the Goal is reached”.

14th of January, people enjoy Makar Sankranti, in Gujarat. They celebrate it by flying kites which symbolizes lightness and delightedness. “To fly high one needs to be connected with the string of discipline and value in life”. “To fly high one needs to adjust the self with the flow of the wind’.

18th of January, the day of remembrance of the founding father Prajapita Brahma Baba at the Brahma Kumaris Institution, is observed as an “Internal & External Day of Silence” to experience peace, love, and divine powers. The meaning of this observance is to have a calm, peaceful and quiet mind, to keep the mind free from the noise of waste thoughts.

I would love to hear from you regarding benefits you experienced from this newsletter. Please share on this email address: newsletter@bkyouth.org

Inside...

Faith in Self

Page 2

National Youth Day

Page 2

Mental Turbulence

Page 3

Youth Service

Page 4

Patience is a virtue and a power too. Patience tells us that the journey of a thousand miles begins with a single step and that we get over there one step at a time.

Motivate Yourself



It's a tough life. Some days it's hard to get out of bed and get going. Why? How come our levels of enthusiasm seem to fall so easily? Why can't we get ourselves motivated? Simple really. We try to reverse the energy flow in a universe where all energy is radiating outwards. We try to break one of the spiritual laws.

We are taught that winning and achieving is about getting and keeping, when the truth is that it is about giving. Winners are go givers not go-getters, and their definition of winning is not getting one over on the other guy, but overcoming their inertia and giving something of themselves to someone or something other than themselves. This reverses the flow of energy from outside in, to inside out, and as we all know, the deepest satisfaction in life comes from giving.

While it is hard to fathom living a life of giving, when everyone else is on the take, there is an ancient law which ensures that if we did, we would never go without. I think you know what that law is. It allows you to be motivated in a completely different way. No need for any magical formulas or rigid belief systems ...try it today!! What you give is what you...



FAITH IN THE SELF

It is said that “Faith can move mountains”. Unshakeable faith is the foundation of a successful life.

The first aspect of faith is believing. Faith in the self is nothing else than believing in my own capacities, abilities, specialties etc. The more I know about myself, the more faith I develop. If I start to know my qualities, I will start to build faith in me.

The second aspect of faith is to have control over my thoughts, my words and my deeds. Faith in the self won't be developed in a short time. For this, I need to educate myself, develop certain capacities, capabilities and have an understanding on certain aspects or things of life. Faith should have the foundation of skills, knowledge and capabilities as without them it is insecure.

When a person has faith in the self then only he can have faith in others. Faith in the self generates hope for the future. Faith in the self will remove unwanted confusion and ambiguity of life and at work.

Faith is the foundation on which trust develops. They are interrelated. Trust once broken shatters faith, then it takes a lot of internal efforts to re-establish it. Only people with internal clarity and understanding can have faith on others. Faith based on wisdom and knowledge is sustainable. Don't confuse faith with blind faith.

The National Youth Day, on January 12:

- Be inspired by the words of Swami Vivekananda:
- Stand up, be bold, be strong. Take the whole responsibility on your own shoulders and know that you are the creator of your own destiny
- Arise, awake and stop not till the goal is reached”
- The greatest sin is to think for yourself to be weak
- No action can give you freedom; only knowledge can make you free
- Never lose faith in yourself; you can do anything in the universe



Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

BIRTH ANNIVERSARY OF SWAMI VIVEKANANDA

Youth Wing, Brahma Kumaris

#NationalYouthDay

As this special time of the year, let us fill our thoughts and deeds with goodwill and generosity for all. let us connect to each other with more

Warmth, Respect & Compassion.



Youth Wing
Brahma Kumaris

Dear Readers,

May this year bring new happiness, new goals, new achievements and a lot of new inspirations on your life. Wishing every day of the new year to be filled with success, cheerfulness and prosperity for you. Wishing you a year fully loaded with happiness. Youth Wing, Brahma Kumaris wishes you a very Happy and Great New Year.

*Youth Wing
Brahma Kumaris*

Youth Wing
Brahma Kumaris



“MANMANABHAV”

**BELONG TO ONE WITH
YOUR MIND AND YOU
WILL EXPERIENCE
TRUE PEACE.**

#BKCYOUTHWING

Mental Turbulences

Today, I'm feeling a little unsettled, disturbed. I lack focus, I'm not feeling like to study or to work. Sometimes there are stages of feeling confused, lack of temperament, lack of eagerness, emotionally unstable, lack of sentiments, mood swinging.

Youth passes through known and unknown mental turbulences and they don't know how to overcome them. Such turbulences waste a lot of time and invaluable moment of life. One needs to understand and treat them accordingly. If one doesn't control and check their direction of thoughts during such psychological turbulence, youth becomes aggressive, self-harming, confused, suspicious and weak. Repeated mental turbulences are dangerous for the self, the family and the society.

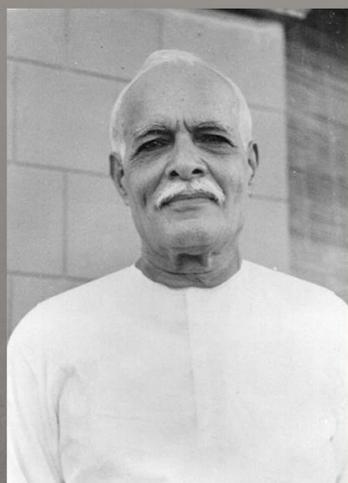
It is also seen sometimes past painful experiences, failures, situations, back stabbing etc create mental turbulences spontaneously.

It is also seen that youth takes such intellectual turbulence as natural; they think it happens and accepts it. But reality is something different and unknown. Flying away from such state or situations by drinking alcohol, smoking cigarettes, watching movie, or chatting are not the solution. It is a kind of over confidence. Over confidence to cope with mental turbulence with negative distractions harms one profusely. One should check it with all humbleness. Short term pleasure or happiness can destroy long term peace.

One needs to put effort to understand the kind of mental turbulence that comes, when it comes and under what situations. Engage the self actively and aggressively in good deeds. Here, aggressive does not means impatient but with complete passion and energy. Develop and enjoy some of the positive hobbies, habits and your liking preferences. Identify them.

Positive intellectual engagement, diverting the mind towards meaningful positive thinking, introspection, analysis, synthesizing new aspects of life will give new direction to the self.

As per the teaching of Shiva Baba in Brahma Kumaris, we should think less. Excessive thinking leads to negative thinking and waste actions. Make your thinking slow, positive, calm and unflappable. Even Swami Vivekananda stressed on self-talk and introspection with the saying **"Talk to yourself" at least once in a day. Otherwise, you may miss a meeting with an excellent person in this world"**.



BRAHMA BABA

PERSONALITY OF PURITY
(1876 - 1969)

LET YOUR ATTITUDE BE FILLED WITH SUCH GOOD WISHES THAT PEOPLE RECEIVE THE VIBRATIONS THAT THEY ARE RECEIVING RAYS OF PEACE FROM THE STORE OF PEACE.

REMEMBRANCE DAY



INCORPOREAL, VICE LESS AND
EGOLESS - BRAHMA BABA
(18 JANUARY 1969, AVYAKT DAY)

YOUTH WING
BRAHMA KUMARIS



See only virtues and specialties

An ant is tiny beside an elephant but as soon as an ant enters the ear of an elephant it goes crazy. The elephant's ears are so big, the elephant itself is so big and yet a tiny ant makes it go wild. In the same way, if I allow the slightest defamation of anyone go through my ears, I lose all my spirituality. I lose all my value because I start interacting with others on the basis of what I have heard about them. Pay attention to this! We have to be very, very selective in what we allow to enter our ears. Let me learn to see only virtues and specialties. Let me not concentrate on anyone's weaknesses.

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.



1. Bro. Govind Gawde, Minister for Art and Culture, Govt. of Goa, felicitating BK Shobha bahenji at a grand program organised by YUVA in the capital city of Panaji,Goa. 2. A youth workshop at Biyani Group of Colleges, Jaipur. BK Shobhit, Career and Counselling Psychologist conducted the workshop on the topic “Doorway to success through career and relationships” followed by meditation. 3. Mera Bharat Swarnim Bharat Bus campaign Inauguration, Raipur. 4. Mera Bharat Swarnim Bharat Bus campaign rally, Dhamtari, Chhattisgarh

Bus Campaign Record till January:
Total Days: 519, Total Program: 4684,
Total Distance covered: 47064 Km,
Youth Benefited: 6,83,242, Total Benefited: 8,35,424
Current Bus Location : Siliguri, Assam

12th January, National youth Day of India birth anniversary of Swami Vivekananda, one of India's most revered spiritual leaders, was born in Kolkata on January 12, 1863, as Narendra Nath Datta. National Youth Day will be celebrated across the country with a different theme. We will cover service news in our next issue.

Join us..



Youth wing, Rajyoga Education & Research Foundation
C/o Brahma Kumaris
6 & 7, Mahadevnagar Society,
Opp. Aakar Complex, S. P. Stadium Road,
Navjivan, Ahmedabad - 380 014.
Mobile: +91-9427313773, Tel: +91-79-26460944, 26444415

Learn to meditate, for information about free Rajyoga meditation courses, Visit www.brahmakumaris.com

For more information about youth activities, please visit www.bkyouth.org

Join us on Facebook,
Write us at, newsletter@bkyouth.org