



During youth life, we experience failures, unexpected results, no immediate success etc. In such circumstances, we need to be hopeful for the self, for the situations, for any events, for time. Because it is wisely said by this noble prize winner of peace Desmond Tutu: "Hope is being able to see that there is light despite all of the darkness".

"Develop hope in you"

For hope you have to have a patience, positivity, perseverance. Patience helps to keep us going even if we don't hear about any result or outcome. Positivity helps us to overcome any negative outcome, to keep our tempo high and it is a force to strike back. Perseverance is the key for success. One needs to preserve lifelong. Hope keeps our efforts alive. The Mineworkers hope to get gold or diamonds and therefore they keep digging.
Wishing youth to be hopeful in every situation.



BK Chandrika ben.

Editor, Youth wing Newsletter,
Vice chairperson, Youth Wing, RERF.



ENVIRONMENT DAY

Brahma Kumaris Environment Initiative

Learning to **Live in Harmony** with our natural world is the most pressing need of our time. As more of us are exposed to increasing streams of information there is also a need to access greater calm and compassion. In order to hear the call to live as global citizens, we need to take greater care for each other and our increasingly fragile Earth.

Brahma Kumaris Environment Initiative is about awakening greater environmental awareness within our own organisation, as well as collaborating and learning from others through dialogue, partnerships, UN conferences and local initiatives ([See the video](#))

As a spiritual organisation our main aim is to help people to experience greater well-being through inner peace and universal values. Hence our environmental initiative is based on five main principles:

- * Living with simplicity * Buying compassionately * Using economically
- * Learning continuously * Sharing generously

eco.brahmakumaris.org

The Value Of Positive Focus

To change the focus from negative to positive is to create hope. Our normal conversations and interactions are full of negativity, whether we are aware of this or not. So without our conscious knowledge, we develop a negative approach to life. It is important for me to be aware when my conversations with others becomes negative. I need to make a conscious change to start being more positive, and appreciate what life gives me. So much good in my life goes unnoticed. When I focus in the positive it creates an environment of enthusiasm for the future that effects everyone around me.

Bengaluru Techie Distributes Free Reflective Vests to Poor Vendors, Saves Hundreds of Lives!

After a near-miss accident, Instead of bottling up or hiding his emotions, he decided to channelize them in the right direction. The Bengaluru citizen carries more than 25 safety vests in his two cars, distributing them to people who might just be at the brink of an accident—cleaners, cyclists, moped riders, vendors. Yet, unlike most, he found purpose in this near-tragic situation. He informs that the initiative has already picked up pace in Whitefield with several people coming to volunteer and help.

Source:

www.thebetterindia.com

The need of the hour is Self-transformation

BK Ravindra Pai,
Bangalore

Today's world is a world of fast changes. Though there is significant development in the areas of scientific, economical, technological spheres, we find that people are unable to cope up with these fast changes. We see an increase of negativity in "the outer world", the signs of which are: increased crimes, corruption, civil wars, disharmony in relationships, suicides etc.

We like change but on the other hand in real life, we resist change. The reason is there is no clarity about change.

To cope up with the fast-changing world, we have to bring changes within ourselves. In other words, to cope up with the increase of negativity in the outer world, there has to be an increase of positivity in the inner world. When we aim to increase positivity within us, we shall be safe from the influence of the negative. Here, it is best to use the word transformation instead of the word change.

In spiritual language, transformation means to journey through life towards the better, towards the positive. Self-transformation means doing such action or making such efforts that there is a visible progress or improvement in the way we are able to manifest ourselves by changing our form. In short, self-transformation is the process to bring about a visible change by changing our form (our essential nature). This is possible only through the use of spiritual knowledge, spiritual powers & imbibing the spiritual values. In other words, knowledge, powers & values are the tools for self-transformation.

Self-transformation is related to the aim & object of our life. The effort we put in self-transformation is limited to our aim & object. If our aim in life is a small aim, then we will only transform to the extent of fulfilling this small aim. If on the other hand, our aim is a high aim, then we will transform to fulfil the high aim. So, it is prudent to always aim high.

While journeying through life keeping a high aim, it is bound to have obstacles or storms. However, this should not hinder our self-transformation process and we should keep moving ahead fearlessly.

One main obstacle is the habit of seeing others. Self-transformation is only possible when we don't see others. We should not see whether others change or not. Nor should we wait for others to change. We should aim to change ourselves first. We should transform ourselves first. Transformation always begins with the self. When we transform ourselves, we can become an example in front of others. Arjuna could hit the eye of the bird because he saw only the eye of the bird and nothing else. Similarly, we should focus on transforming ourselves and then we will certainly succeed.

We wish to see a world that is better, we wish to see a world that is transformed. However, this is not possible without self-transformation. World transformation cannot occur without self-transformation.

Indian-Origin Teens Build Auto-Watering Device That Keeps Plants Alive When You're Away!

For Pratyush Bansal and Aekas Singh Gulati, vacation time was all about visiting their respective grandparents in India. The science buffs, who are students of Class 8 in the Global Indian International School (GIIS) in Singapore would spend days, sometimes weeks, away from home.

But, every single time, when they returned to Singapore, along with their parents, they would be greeted with the sight of plants that had withered away or were on the edge of dying.

After this had happened a few times, the duo decided to design an automatic watering system for plants.

"Our innovation is designed for garden plants for now, especially for families who travel overseas and are worried that their garden plants would die in their absence. It works on a pumping technique using a motor. Almost 80% of the device is made from reusable and recyclable materials while the other 20% involves hardware like a motor and a circuit board," says Pratyush.

While Aekas wants to be a doctor, Pratyush is passionate about Computers, Science, and Math. However, the boys are united in their love for coding and software development and learnt complicated coding languages to design the programme of the self-watering system innovation. It may be their first project together, but the success it has seen so far is indicative of what wonders they are capable of.

Source: www.thebetterindia.com



Spiritual Vacation

One relaxed morning, while enjoying sips of my morning tea, I found a column in the newspaper headed with the title “MISSING”. Along with the detailed physical appearance, couple of photos were shown. Unfortunately, I could not recognize any of them so could not help them out. However, a sharp spike of thought stroked the mind and I started imagining around that thought. In that imaginary visualization, I was seeing my own photo under that column. It sounds very weird, doesn't it?

But the fact is that it's a reality of my life & most probably, in everyone's life too. Do I know my real self? Am I the one who is carrying the name and (bit of) fame on my own shoulders? If not, then who am I really? If I'm not getting the answer of this three-words-question (Who am I?) then, I've lost myself in real sense, which directly means that I'm “MISSING”. Shockingly, my imagination has become the reality now.

I quickly realize that I am alone in this process of reunion with the self. So, now I badly need a break to find my real self. Although, not sure how much distance I need to travel in search of the self, even not sure how long this journey will be, I've started this most adventurous & possibly, the most beautiful tour of my life called ‘inner journey’ from the source (i.e. starting point) called ‘introspection’.

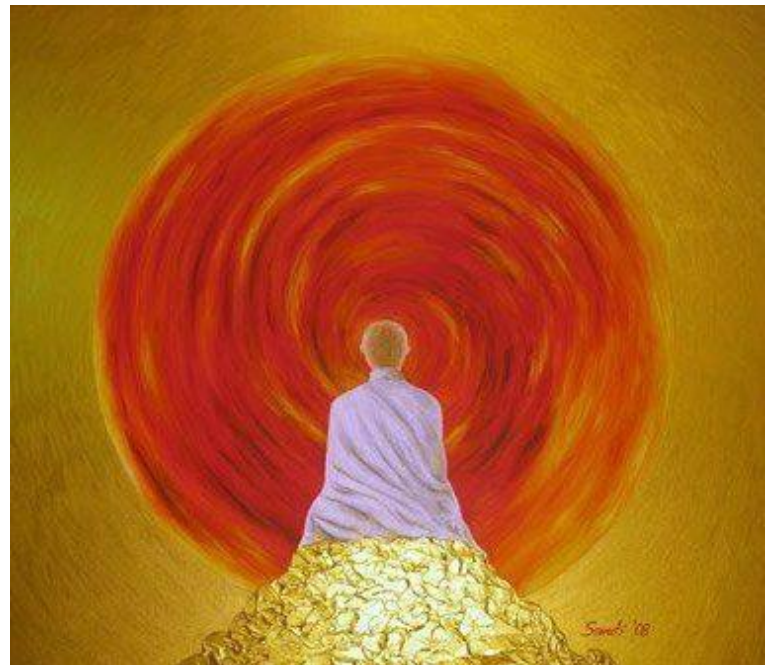
During this journey, I saw very beautiful fragrant garden full of colorful flowers of different sizes and shapes. These flowers are my own virtues, my specialties, my unique qualities. I enjoyed thoroughly the scene-sceneries of this amazing garden.

Moving forward, I saw jungle of thorns. It's a very painful experience while passing through it. These thorns are my own weaknesses. Bitter fruits are my old bad habits. Bad odors are of my wrong beliefs.

I felt like I'm in hell crying & praying for escape. To my surprise, a divine light came before me & guided me to come out of this donjon by empowering me with spiritual powers to overcome all the negativities.

Now, He led me towards the loveliest scene: a stunning colorful rainbow portrayed in the sky. This is my original self. Each of these 7 colors are nothing but my 7 innate qualities viz. **peace, bliss, joy, love, purity, power & knowledge.**

This is me. I'm a spiritual being. I'm a peaceful being, I'm a blissful being, I'm a joyful being, I'm a loveful being, I'm pure being, I'm a powerful being, I'm a knowledgeable being. I'm a celestial point of light & might emitting these 7 colors all over.



Multi-billion thanks, oh my most beloved God. You made my journey. You made reunion of mine with my real self.

This is a real break everyone needs called ‘**spiritual vacation**’. Surprisingly, the budget is absolutely zero. Hope, in this summer (only?), you'll definitely go on this mesmerizing vacation.

Abhijit Patil,
Pune

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.



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1. Belagavi, Karnataka, Group photo after prize distribution of "Touch The Light" program. 2, 3. An Addiction free camp organized by Brahma Kumaris, Koelnagar, Rourkela. 4. Swarnim Bharat bus campaign, A session organized by Kendriya Vidyalaya, Lohit.

"Mera Bharat Swarnim Bharat" – All India Exhibition Bus Campaign, Record up to 28 April 2019.

- Total Distance Travelled: 58060 KM
- Total Programs: 5246
- No. of Days – 618
- Total Youth Benefited: 760895
- Total Youth Benefited: 923530

State Covered – Gujarat, Maharashtra, Goa, Karnataka, Tamilnadu, Telangana, Andhra Pradesh, Orissa, Chhattisgarh, Jharkhand, West Bengal, Sikkim, Assam, Bihar

Join us..



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