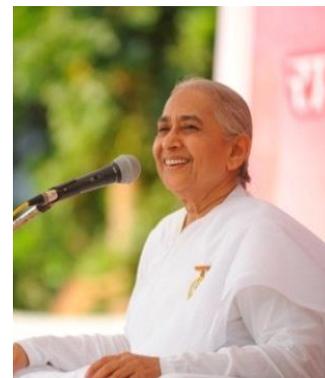


Many a times we are in confusion. There is thought dilemma. One thought is for higher aspiration, goal, achievement and the other is our state of mind which is being pulled towards weakness, lethargy, so totally opposite and confused. Am I capable? Will I get success or not? Should I choose this or that? Many questions arise in the mind, and it is good. But not taking any decision in spite of all the possibilities which are in front of you is also a kind of confusion. But after taking any decision, still questioning and bringing uncertainty in mind is also confusion.

When there is confusion, bring clarity of thoughts in your mind. Ask yourself what you want in life? Why I am doing this? What is my purpose? Write down options and see what is to be done. Have confidence on your ability and capability. Share your state of confusing with elder whom you trust. Confusion kills your happiness.



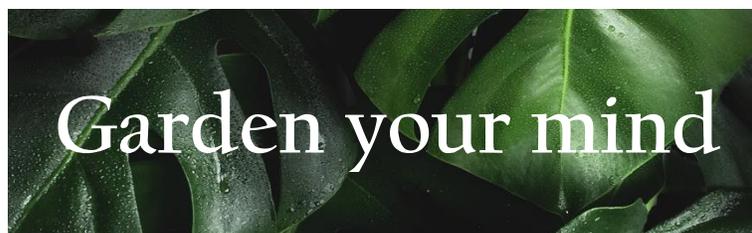
**BK Chandrika ben.**

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

*So always be Happy.*

*Greetings of International Youth Day.*

**Never be confuse**



## Garden your mind

The most important part of you is your mind (not your brain - the brain is the hardware and the mind creates the software). Care for your mind, make friends with it, always feed it healthy food, engage it in positive activity, exercise it with knowledge and wisdom.

Like a garden returns fragrance and beauty according to the care invested, so your mind will repay you with thoughts, ideas and visions of great beauty when tended and invested with care.

Your mind is not made of matter but it does matter what you give it and what you create with it. Where your mind goes, you go. What your mind creates becomes your destiny.

## Being Introverted

Dear friends,

Om shanti. In the world, they value extroversion. But to experience constant happiness and to experience God's presence, you need introversion and the power of concentration. One who is introverted is constantly and always happy. When you are in the awareness of yourself as a soul, the poor ego runs away and disappears. We become detached from the ego and arrogance of the body and the distractions of the world. Then we can experience God's presence. In introversion the soul is constantly happy.

With love, BK Janki

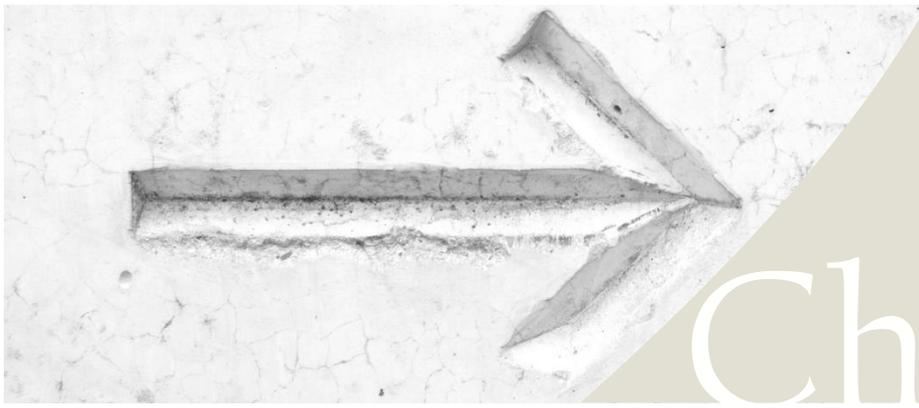
## Inside

Character and Career  
Foundation for  
building a career

Youth wing,  
Brahma Kumaris  
Since 1985

Cheating the Self  
Check and Change

Youth Services  
To inspire,  
To empower



# Character and career

Character acts as a foundation for building a career. Though the foundation is invisible, it plays a major role in stability and strength.

At times, it is also seen that character may not play a specific role in kick starting one's career. However, to sustain and explore one's own career, one needs character. There are many sports person who started their career well in sports, however due to their loose character they failed to achieve the pick. Once upon a time, Hansie Cronje was one of the best captains of the International team. During his career, he had hardly lost any matches against opponents. But because of match fixing scandal, he ruined his career.

Till the time a person is not successful and does not earn any income, one gives a lot of importance to ethics and principles of life. Once one achieves prosperity and stability, one changes his ideology of life. At the end, one gets trapped by negative pleasure. In career, many times the youngster compromises with their character to reach the top. In many cases, especially during student life one tries to use shortcuts path by adopting cheating, malpractice and fraud. At the end, one end up behind bars.

Character is tested in critical situation and when one is alone. Suppose in an examination hall, in the absence of the invigilator if one maintains self-discipline and honest then such a person is claimed to have a strong character.



Youth Wing, Brahma Kumaris

*Since 1985, dedicated to Youth Services*

**INTERNATIONAL  
YOUTH DAY**

**2019  
TRANSFORMING  
EDUCATION**

The Youth Wing of Rajyoga Education and Research Foundation with its parent organisation Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya has undertaken the uphill task of providing platform to youth for world transformation by self transformation since 1985. It has drawn up a comprehensive plan to bring about self-awareness, character building, a new awakening for a social cause among the Youth.

To achieve its objectives, the Youth Wing has prepared exhibitions, and brought out several publications exclusively for the Youth. It holds youth training camps, youth festivals, conferences, seminars, competitions, lecture series and cultural programmes. These programmes are arranged in collaboration with other Youth organisations, wherever possible.

The services of the Youth Wing are free of charge and any youth can avail of the same without any obligation.

The wing works to achieve its aim with the help of thousands of young brothers and sisters. These young people, in addition to performing all their regular duties, observe celibacy, lead a life free from unhealthy habits and spend their spare time and energy in rendering voluntary services for the upliftment of the society. They participate in retreats and meditation camps to develop viceless attitude, strong moral values, divine manners and a well-rounded personality.

The Wing has a strong group of well-educated, experienced and dedicated personnel who execute the planned projects throughout India. They are our valued committee members.

# Cheating the Self

Human being is always curious about knowing or learning new things or cautious about upgrading his knowledge. This curiosity or betterment is based on four types of knowledge co-existing with him viz.

- 1) One know what one know or what one have.
- 2) One know what one don't know or what one don't have.
- 3) One don't know what one know or what one have.
- 4) One don't know what one don't know or what one don't have.

Let's take each point here. The first one is quite simple that usually everyone knows what they possess, what they are aware of. E.g. everyone knows how to eat in a general sense.

However, when we talk about the second category of knowledge, we usually are aware of the fact that we don't have the full or partial knowledge/information about the international dining etiquettes based on different cultures say, western culture.

As far as third type of knowledge is concerned, if I'm having a natural habit of taking food in silence without much interacting with anyone else, not even reading newspaper, handling mobile phone or watching television for that matter; then it is a good practice that I'm following unknowingly, which is spiritual parlance, considered as a best eating practice having immense benefits.

However, there is another ultra-advance angle to it, that is eating food in the sweet remembrance of God, with the supreme emotions/feelings of gratitude that HE is the One, who is feeding me now and every time. There are so many people who don't have enough food to eat or don't have at all. I'm so fortunate that I've enough food to eat with even some sweet dish. Now, this is something we never thought of or imagined of. The reason is simple: we don't know what we don't know.

Here the reason to explain all above is how we are cheating our own selves. There is no question about first & last types of knowledge for a very obvious reason. So, let's see the second & third categories now in the perspective of cheating the self.

If I'm demonstrating or showing or doing propaganda of something which I don't have, I don't practice or I don't know, then surely it's a hypocrisy. I should avoid it. This is purely cheating the self and others as well. However, there is a slightly different angle to it. Along with knowing that I don't have the capability, skill or knowledge/information etc.; when I realize deeply inside & making intense efforts to fulfill the gaps/weaknesses, overcoming the negativities; although people around me may think of me as a great cheater, I know how honest I'm with myself. Here, we don't need to worry about the surroundings since it may affect the intensity of your true efforts to achieve your ultimate goal.

The third category of knowledge is extremely hazardous. In a real sense, we are cheating ourselves under this category. There are some hidden potentials, undiscovered arts or skills inside us, and may be due to our laziness, ignorance, and don't care kind of attitude; then we can't forgive ourselves. It's simply like a mobile battery fully charged and the same not been utilized at all or at least on an average.

No worries, Meditation is the best medicine to overcome this kind of mental disease. Once you start practicing Meditation on regular basis, you start realizing & experiencing the hidden talents inside you. The undisclosed treasures of the subconscious mind will be explored and you will find a **real you**.

So instead of putting the stains of being a 'cheat' to yourself; let's be a '**hit**'. Wishing you all the best.

*BK Abhijit Patil,  
IT/Software professional, 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.*



Youth wing annual meeting at Mahadev Nagar, Ahmedabad

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.  
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