

The Youth Wing of the Brahma Kumaris organized a “Youth Festival & Meditation Retreat” in Gyan Sarovar, Mount Abu, Rajasthan from Friday, August 30 to Tuesday, September 3, 2019. From all over India, 325 youths participated in this retreat.

During these four days, the morning time covered the four primary sessions of Rajyoga Meditation. They had the opportunity to show their arts, talents, skills by choosing these five different competitions as Elocution, Multimedia Presentation, Solo Song, Skit, and Poster Painting.

“Youth festival and meditation retreat”

They learnt important lessons of life with the theme “Design your Destiny. A panel discussion named “Victory Now” followed. HapCafe (which is a discussion around a coffee table to share experiences of happiness) was organized in which they experienced the importance of happiness. An experiential session called “Log in to Happiness” left an everlasting print on the hearts of these youths.

The event completed with a valedictory session and prize distribution to the winners of the competition. This event gave deep insight towards future youth services.



BK Chandrika ben.

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



Dear friends,
Om shanti. If you have a scary situation in front of you, do not let it frighten you. Always maintain a vision of love no matter what happens.

When we forgive, we are committing an act of charity. When the mind is engaged in having pure thoughts, everything will be good.

There is a huge benefit that comes from meditation. We meditate with our eyes open, but we are not distracted. When I am unshakable and immovable inside and I sit here looking at you, the vibrations come to you. I don't allow my mind to play mischief or to fluctuate. This can only happen when the heart is clean, when my heart doesn't harbor any mistakes or negative tendencies from me or from anyone else. It's important to remain still & stable inside instead of raising questions of “who and how?” Tell your mind to have patience, and keep your heart clean and strong, whether you are alone or with others. Then whatever you wish for becomes a reality.

With love,
BK Janki



The foundation of all spiritual growth and personal development is the awakening of self-awareness. Most people however are not yet self-aware, and the majority of those, are not aware that they are not aware.

Self-awareness is easy and begins with simply taking a mental step back, and observing your thoughts, feelings, attitudes and actions. Whenever you do, you learn about your ‘self’ and the basis of personal change and growth is always learning.

Step back, what do you see, what enters your awareness? What does it tell you? What does it show you about yourself? Don't judge it, just see it. Don't run away from what you see just watch it. Accept it. Allow whatever is happening within your thoughts and feelings just to be. And suddenly you will find that inner peace which surpasseth all pleasure.

SLEEPING IN THE LAP OF IGNORANCE

There are various form of sleep or dormant state in youth life.

Lack of inner awareness or self-awareness is a spiritual sleep.

Ignorance is a trap for someone who should have wisdom. This includes over confidence of self-fate and fortune. Without doing anything. Youth is reluctant to learn or strive hard according to his goal. If one is over-confident, time may run out. It may rule out. Strengthen your mental muscles to give importance to things which have been neglected by the self.

Sleeping in indulgence and luxury.

Sleeping out of hopelessness, depression.

Sleeping because of ambiguity, duality, confusion, lack of clarity.

Sleeping out of negligence. Will see, will do, things will happen on time, will plan, let me think etc. are the words of negligence. Youth do hear alarm which awakens them such sleeps. This kind of alarm includes constructive criticism from parents, teachers and other well-wishers. But they stay negligent to such alarms, they have the habit to ignore such alarms, they don't respond to them and that is dangerous. There are warning bells which needs to be heard, but we ignore them. Fortune knocks the door only once and it is up to us to take the opportunity.

One needs understanding, power to hear alarm. Attention is the key. The need is also of energy and enthusiasm. Young minds are not ready to understand what one may face due to ignorance. One must accept, be humble in understanding such kind of sleep. Otherwise one will be under pressure, tension. In the beginning, this may look ok but later this will damage your life.

Intense Effort (Sadhana)

Accomplishment (Siddhi)

Sadhana (Intense and Systematic Effort) is luck in itself. One needs intense effort just to find the right way to achieve one's objectives. During my PhD, I took 3 years just to understand the problem and additional six months to have the information about the relevant books. Believe me even if I was in research papers of various authors, I couldn't understand or differentiate between the relevant, less relevant or irrelevant papers. After meeting my guide in NITIE Mumbai, I understood some of the works or papers are seminal which means path breaking research papers.

One may try hard but if it's not in the right direction, it damages. Right Sadhana leads to Siddhi (Accomplishment). After identifying the correct direction and path, one can enhance the speed. My objective of writing is: "direction is more important than speed".

Working with smartness or with cunningness may offer one limited advantage, but one may lose the battle in the long run. Working with proper conscience, understanding and clarity gives one immediate relief and victory. Otherwise psychological energy gets exhausted in ambiguity, self-doubt and fear of the unknown. Working with clarity gives one confidence and courage to confront obstacles. In the Gita, the Mahabharata war was all about the battle of the Mind, where Pandavas were confident of their Guide or Mentor so they fought with bravery, complete faith and focused. Kauravas were aggressive and focused but were lacking confidence, clarity and faith on others.

Victory Now



Plato, the Athenian philosopher, said “The first and best victory is to conquer the self”. It is better to be the conqueror of the self than winning a thousand wars. Here victory means victory over one’s own weaknesses, bad habits, vices, negativities etc.

People see, watch or observe a person’s outer victory in terms of money, materials, post, position, name and fame. These observations are without knowing the person’s efforts, hard work and sacrifices. People appreciated the achievement of P V Sindhu, Indian professional badminton player, for her Olympic performance and recent world championship. However, very few knows the hours of workouts and how she had to preserve her disciplinary life. She controlled the use of sugar and mobile phone to remain focus on her practice.

In the 2011 cricket world cup the victory by the team members lead to victory of whole nation.

John F Kennedy said “Victory has a hundred fathers and defeat is an orphan”; it tells us that when you win, everyone wants to be your friend. When you are defeated no one wants to be around. Indian athlete Ms. Hima Das was not known to anyone before she became victorious in sprint running.

Your victory relates to the victory of so many people. One’s victory leads to success and benefit to family and friends. Youth achieving success to get a seat in prestigious medical colleges leads to victory of their parents, teachers and his/her near and dear ones.

Keeping the self-positivity and remaining victorious are connected. Preserving the self as the child of the Almighty GOD and accompanying him during our journey towards victory will solve your problems. Digesting victory is equally important than keeping self-humility and grounded in spite of spectacular performance.

Happy Journey towards victory.

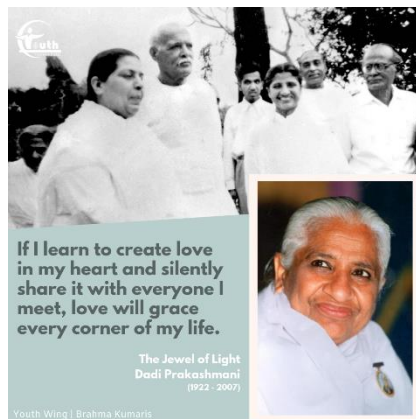
Garden of Your Mind

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.

Source : www.thoughtfortoday.org.uk



If I learn to create love in my heart and silently share it with everyone I meet, love will grace every corner of my life.

The Jewel of Light
Dadi Prakashmani
(1922 - 2007)

Youth Wing | Brahma Kumaris



When you open your eyes in the morning, sit for a moment and appreciate the gift of a new day, create a peaceful thought and enjoy some moments of silence throughout the whole day.

YOUTH WING | BRAHMA KUMARIS

Protecting my sense of optimism is the best way to remain cheerful. I can do this by starting the day with meditation to pour light and love into the scenes I am likely to find ahead of me that day. And then if I keep touching base with God’s mind and His benevolent way of seeing things, the inner happiness I experience will help me pass through any situation without feeling weary.

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. Inaugurating "Youth Festival & Meditation Retreat" Shri Rama Shankar Singh, Chancellor of IPM University, Gwalior, along with BK Chandrika, Vice Chairperson – Youth Wing, BK Prabha, Senior Rajyoga Teacher, Bharuch, BK Kruti-National Coordinator, Youth Wing and other distinguished guest, Committee members of Youth Wing 2. Participant of Poster Making Competition. 3. Participants of Group Dance Competition. 4. Participant of Solo Song Competition. 5. BK Yogini, Vice Chairperson of Business & Industry Wing distributing certificates to the winners along with BK Chandrika, BK Ratan, BK Dr. Ashok Jethva. 6. BK Chandrika, Vice Chairperson of Youth Wing distributing certificates to the winners along with BK Yogini, BK Ratan, BK Dr. Ashok Jethva. 7. BK Falguli leading the Panelist BK Dr. Shiba Prasad, BK Kruti, BK Rama Krishna on discussion form entitled "Design your Destiny". 8,9. Participants of Group Dance Competition performing on "Youth Festival & Meditation Retreat" at Gyan Sarovar, Mount Abu, Rajasthan

Join us..



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