



"Cleaning Intellect"

Dear youth readers, there has been a campaign on 'Clean India' going on which has yielded great results. The World has started seeing India with a different perspective.

The intellect of a youth is at its peak when in youth age therefore it is important to develop one's intellect through various information but at the same time, one has to remain vigil in not allowing anything inside which degrades, spoils and results into a wasted intellect.

Meditation is very well known as a tool for cleaning the intellect. Make a routine every morning to feed your mind with good quality, motivational thoughts. Initially, meditate with self-affirmations, elevated thoughts for the self like 'I am peace', 'I am strength', I can do it, etc. The way we wear cap, scarf, mask, helmet etc. to protect our body likewise we should protect our intellect by not allowing anything which makes it weak that is don't have any weak thoughts. There is a need of consistency. So keep doing it regularly and know that this will not become strong in a day or two. You will see improvement in your behaviour and reaction in your work, field, study.

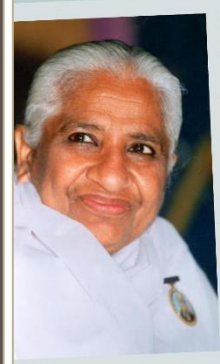
BK Chandrika ben.

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



Youth Wing wishes on the Women's day a lot of happiness, good health, and joy today and always!

Where there is the power of purity, there is automatically happiness and peace. Purity is the mother of happiness and peace. Pure souls can never be unhappy.



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

Create Continuously

Every day is an opportunity to be creative - the canvas is your mind, the brushes and colours are your thoughts and feelings, the panorama is your story, the complete picture is a work of art called, 'my life'. Be careful what you put on the canvas of your mind today - it matters.

Give Blessings

We are all blessed with life and all the opportunities it brings, though most of us forget to notice. But we also have blessings to give. In fact, the opportunity to give our blessings may be the greatest blessing of all.

By bestowing our good wishes, encouraging, empowering others, we bless. And when we do, they return a thousand-fold. Bless and be blessed.

Inside...

Opportunities come by creation, not by chance.

Create an
Opportunity

Page 2

Comment,
Correction,
Quotation

Page 3

Faith in the
Self

Page 3

Youth
Services

Page 4



We have the tendency to expect opportunities given by others. We think that I will wait for so and so to give me some task to do. It is possible that it happens then of course you should do it. But in case it didn't then don't wait for others to give you the opportunity but create it yourself as luck favors the ones who work hard. Sometimes even if you are prepared and you don't get the opportunity; then wait, be patient, do not blame others.

Meeting people, maintaining relation will built your future, it will create opportunities. One should not ignore or leave the person who helped to create one's opportunity. Don't get fed up if you are not finding relevant opportunity, instead understand your needs and see your skills and develop them. Instead of giving up, experience and exploit the possible opportunity in and around your place.

Start with small. Check in employment related newspapers, website portals and find relevant platform for your talent, education and interest. There must be the burning desire within for learning, one must be persistent, passionate.

Share your success story with others. This will create opportunity for others as they will learn from your sharing. It is equally important to have empathy for others.



Dear Friends,

Om shanti. Those who are wise will recognize that there is a great deal of value within this time. Whatever has to be done, do it now. Who has seen tomorrow? So, what must we do? We must remove all negativity in our hearts, our minds and our intellects. Don't listen to or think about wasteful things or even ordinary things.

Keep good feelings for one another. This is what we Dadis pay attention to. Realize what is important at this time and maintain good feelings. Do not allow yourself to become ordinary. This is the time of **opportunity**. This is the time to claim your fortune. Recognize who you are and who God is and stay in His remembrance.

With love,
BK Janki



When someone disbelieves us, we usually argue back and try to prove our point. Yet we find that the more we talk, the less people listen. Unable to convince them, we end up frustrated.

Instead, when someone challenges my words, I should think about whether they might be right. Rather than stubbornly clinging to my point of view, I could embrace this as an **opportunity** to learn. Even if I am correct in my thinking, if I become able to understand someone else's point of view without getting angry or refusing to listen, I become tolerant.

Source : <https://www.thoughtfortoday.org.uk>

Comment, Correction, Quotation

Faith in the SELF



We find out that youth are serious during the time of exam. They even skip their meals and sleep in order to utilize every moment. They are completely focused in preparing their exam. And during those time they should avoid people who pass comments, give correction and quotation.

It is seen that youth have this tendency to comment, correct and quote in various situations, for events happening around among their friend circle. Do not waste your thoughts and precious moments in analyzing and criticizing others. Directly and indirectly, they develop enmity or become the enemy of their own enthusiasm.

It is seen that good players got washed out, lost their career in loop of comments, corrections, and quotations. They themselves get disturbed and then they disturb others as well. Youth have more temptation in identifying other loopholes, weaknesses. It is a kind of diversion of the mind. Instead one should be connected with their own goal.

Once one enter into controversy, it is difficult to get out of criticism, comment and arguments. The world is full of dichotomy. One has to decide the positive or negative aspect of the same situation. One needs to be focused and positive.

Positive self-criticism, self-analysis, self-arguments open up new dimensions, opportunity for self-growth and development of the surrounding. If it is affirmative, it can be one kind of expertise to give comment, criticize, give a quotation. It has helped humanity to move forward Commenting and correcting with love, empathy and kindness will take a person in front of their new height of success. One should learn when to comment, correct and quote. When youth get such appreciative comments from their parents, teachers, well-wishers, seniors, these are filled with so much goodness that it changes their life forever and strengthen their positivity. Practice the same.

Faith in the self and faith in one's ability, capability will make one feel relaxed, easy and focused. A person with a strong faith will never sense frustration or depression. Faith in the Almighty and in the people around will not allow one to have a feeling of loneliness because one get support and receive cooperation from them when one march forward with faith and confidence.

Faith can give the sensation of an invisible support of the divine power. When one has faith, there won't be self-doubt. There won't be any question marks regarding victory or loss. Whether I will able to overcome negative situation, opposition or not? The youth with firm faith will be bubbling with energy and enthusiasm. Striving on something will yield result.

Youth having self-faith won't do self-glorification. He will remain steadfast in all opposition and rejection. Faithful youth won't avoid any person or situation while accomplishing his/her goal. Then they feel doubly victorious that is one in reality and the other within the mind. This victory is the result of a firm faith. Unshakable faith inside leads to success in the outer world.

The characteristics of a youth with a firm faith are:

- Will have indomitable spirit
- Will avoid wasteful thoughts and activities
- Will not blame others for any situations, or any circumstances
- Will help and cooperate with others
- Will have a clean, clear and transparent thinking process

History is filled with personalities having firm faith. This made them victorious in spite of all the odds and oppositions. Develop your faith and practice it.

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. New Delhi:** Mr Pratap Chandra Sarangi, Hon'ble MoS for Animal Husbandry, Dairy, Fisheries and Micro, Small and Medium Enterprises, Govt. of India launched a 13-day Youth Empowerment Campaign today also seen BK Asha, BK Ansuya, Mr Ashwini Kumar Choubey, Hon'ble MoS for Health & Family Welfare, Govt. of India.
- 2. New Delhi:** Participants of the Youth Empowerment Campaign titled "Design your Destiny" at Sirifort Auditorium.
- 3. Kolhapur:** Youth participating in workshop conducted by Dr B.K. Vaishali Tasgav ,B.K Milind,B.K.Sunita and B.K. Pratibha.
- 4. Gwalior:** BK Adarsh, BK Prahlad, Dr Gurucharan, BK Jyoti, BK Pavan along with youth participating in the National Youth Day Program.
- 5. Mapusa, Goa:** BK Shobha bahen at the inauguration of a seminar on 'Design your destiny' along with Mamata bahen and others.
- 6. Chennai:** Youth Retreat organized at Chennai - Happy Village Retreat Centre. 120 youth from different part of Tamilnadu & South Kerala participated.
- 7. Lucknow:** Dr Anjali Gupta & Career Counselling Psychologist Mr Shobhit Narayan Agarwal with student of The Maa Sharda Group of institutions'

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: +91-79-40371181, 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**