



Often, we can't change situations, it is the "self" who needs to be changed. In the present pandemic COVID 19, youths need to understand this. One can't deny the fact, rather one needs to mold oneself to face it. Many aspiring situations will change. Yes it will! But it may take its own time. So, we need to change ourselves to cross the challenges and problems which are in front of us.

The present situation says to simultaneously transform the self and face the challenges. There is no choice. One has to be dynamic according to the increasing problems. Things are volatile and uncertain.

During the time of lockdown, I have kept myself busy by conducting online sessions effectively; by doing counselling and mentoring through phone calls; by guiding many desperate souls on facing the current situation; by conducting special meditation sessions and discussions related to self-relaxation and self-empowerment.

There are many ways of serving people in times of crisis. Each one of us should use one's skill. As I am a Brahma Kumaris Rajyoga teacher, I used what I know to help people. Time is signaling "to act according to the demand of the existing situation". Youths have flexibility in their body and they are agile and resilient. So, practice it.



BK Chandrika ben.

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

Stay safe

Stay home or be safe at your workplace!

A Gift Called 'Faith'

When I am continuously being battered by the storms of life, and my very spirit is ebbing away, then all I need to do is hang onto that gift called 'Faith', that one support which will weather the storms. Faith does not depend on a clever head, only belief: belief in the self and the strength that lies within. Faith is the seed of victory and the foundation of making the impossible possible.

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Changed the attires several times,
Performed many different roles
We are all actors on the face of this earth
Not the body, but the soul
The subtle point of light that I am
A bright shining star,
Not visible to the physical eyes
But an energy so strong
Filled with love, peace and bliss
purity, knowledge and power.
This is my originality
But the costume that I wear is so tight
Constantly tainted with the idea of "I"
Makes it tough to separate the two.

The act and the actor
It's a constant battle
But at least I can't be fooled now
With my very own perception
I'll have to leave this body
As soon as my Karmic Accounts settle
(I've done this many times, not once)

As a new life awaits me,
I take up on that role
I am not the one who dies
It's the costume that becomes stale
And then why do I hold on to it
When I know it's just mud and soil
Perhaps because I can't see me
And all I need
Is a *different set of eyes.*



Poem by
Ms Shambhavi Sharma
Teacher at Amity
International School, Noida.

Lesson to learn from the life story of **Mama** during crisis

Mama, Jagadamba Saraswati, whose childhood name was Radhe, was a brilliant student and very ingenious in all aspects. She was talented, very good in singing, playing musical instrument specially Veena (from the family of chordophone instrument), dancing, etc. Radhe was fashionable as all adolescent girls of her age would be. Radhe was having a magnetic personality. Radhe was the classmate of Dadi Prakashmani – the late administrative head of the Brahma Kumaris from 1969 till 2007.

Radhe's father used to be a rich businessman. But it is all about time and tide, her father met with a severe loss in his business and became bankrupt. It was such a shock to him that he died with an heart attack. Within such paucity, poverty and problems Radhe was exceptional, determined and hardworking.



Learning #: However stressful or problematic the situation may be yet perform your best. Be no 1.

Radhe was introduced to the Satsang which she started visiting. She recognised the role of the invisible Supreme Father, Supreme Soul, God Shiva through Dada Lekhraj who was named later Prajapita Brahma. Radhe was having deep respect for Brahma Baba. Baba told her to sing the mantra of 'OM' before the class would start and the Satsang participants would have magical and inexpressible experience of trance, they were easily feeling the company of Lord Krishna, Lord Vishnu, the Supreme Soul and the Soul world. She was named Om Radhe. Om Radhe never experienced trance herself yet no-one could cross her understanding and her faith for spiritual knowledge. Her explanation and simplification of God's knowledge was unmatched. Om Radhe embraced an exceptional balance of emotion and intelligence. Due to such maturity, Om Radhe was named as Jagadamba Saraswati, Mama by God Shiva through the corporeal body of Prajapita Brahma.

Learning #: Have faith and respect. Don't be carried away by your emotion, use your intelligence.

Jagadamba (The Mother of the Universe) Saraswati, Mama was very sharp in spiritual knowledge and exceptional in the interpretation of Godly knowledge. She was the epitome of virtue, divinity, purity and knowledge. She was having an unique insight in analysing and separating the jewels of knowledge from the pebbles. She was the embodiment of love and care, and yet she was filled with logic and critics. She was very much practical in her approach and she was a great critic of the unrighteous and falsehood. While forgiving, she was an ocean of love and while protecting the truth, she was a lioness. All such duality and dichotomy can only be observed in the eulogy of Shaktis (mighty Goddess) such as Durga, Kali or Saraswati. Looking into her knowledge, mannerism and responsible act, she was given the charge of Om Mandali, the organisation initiated by God Shiva through the corporeal body of Prajapita Brahma.

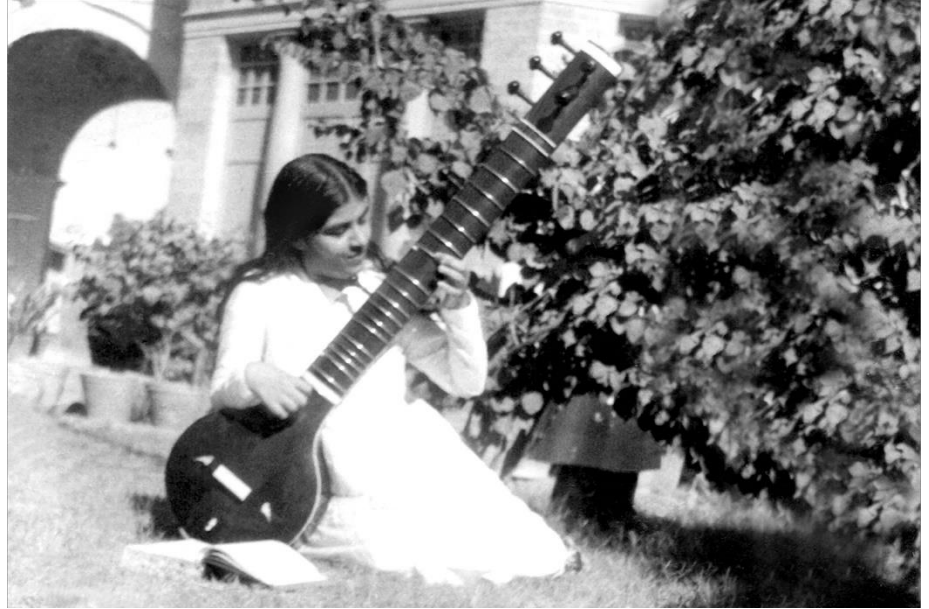
Learning #: Strike a balance between love and logic, care and critic. Be forgiving along with the power to face.

Jagadamba Saraswati, the most respected personality of Om Mandali addressed others with respect and love. No one had seen a little line of administration or authority in her disposition though she was the administrative head. She was heading by example, sacrifice and sincerity. Her appearance and actions were the greatest learning for all. Till date her spiritual personality, divinity and service have been serving millions of brothers and sisters of the Brahma Kumaris

Organisation. She had reverence for God and His knowledge but her behaviour with others has been unforgettable. Her dealing with others used to be filled with love, respect and care. Till date senior sisters and brothers of the Institution take her name with undiluted and unforgettable love and affection. Being in such a high position, still reflecting respect and care for the pauper, layman, adolescent and teenagers is an unprecedented story in history.

Learning #: Being in authority, being most respectable, dealing with others with love and respect, irrespective of one's age, economic and educational background is the greatest learning from Mama.

The time of testimonial, standing in the tribunal, fighting for the right of women and for sainthood was one of the bizarre phenomenon in history. Mama was standing alone amidst the crowd against all the odds with unfathomable belief and courage, fighting for justice, right and freedom. In the court, the judge was with the perception that being a woman and being alone how far she would stand against the masculine lopsided law, she will definitely surrender. The flare that was burning inside the heart and the mind of the silent and serene lady Jagadamba burnt down all the ancient barriers. It was a noteworthy event, when Mama was called to court to defend her flee from home. She was absolutely fearless, unshakable and



determined for the historic decision. That was the moment, when first time in the world, someone was fighting for the rights of women for ascetism. As if male had every right to leave behind his wife and children to become an ascetic. It is an offence to leave the children fatherless for the greater cause. Mama fought with all bravery “Why couldn’t an unmarried woman pursue ascetism at her own will.” As per her statement “Being a matured lady above the age of 21, a women should have all the freedom to choose her life.” Thus, she opened up the gate to free women from servitude and slavery.

Mama stood against the order of the judge to take the oath that by seeing God everywhere, she will tell the truth by touching the Gita. She rejected to take a false oath. She stated “Judge I can’t take a false oath, as I can see you but not God, I can take the oath that seeing you I will tell the truth.”

When one knows that a judge is going to give his verdict, contradicting his statement by standing in the tribunal is just unusual and unprecedented. How could a lonely lady stand so strong and steadfast against the authority! It was simply her ingenuity, purity, intelligence and unshakable faith for truth. Surrounded by the police, in the presence of curious crowd (most of them were not supportive), how could she be so fearless, not worrying about her own safety and security! That was Mama, Jagadamba, Sherawalli (the rider of the tiger), the protector of the law and order of the world.

Learning #: It is advisable to accept death and suffering against the falsehood and unrighteousness.

Mama was detected with cancer and the indication from the doctors was that she was not having much time to live. On hearing this, Mama remained indifferent to the message. Nothing could disturb her equanimity and her inner peace. It was the messenger who was reluctant and worried on how to pass such a sensitive and sad message, the affected person was so stable, calm and quiet. There was no reaction.

Learning #: Suffering should not snatch our inner silence and serenity.

Youth Services

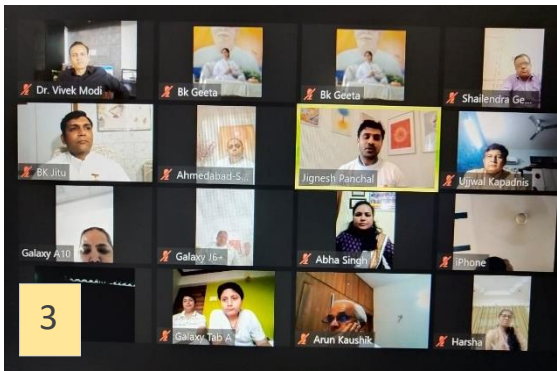
To inspire, to empower, to realise, to rededicate, to meet, to share, to break all bondages like addictions, bad habits and blind faith, to spread the message of brotherhood by developing spiritual consciousness.

ONLINE WEBINAR
 "अभिभावकों की जिम्मेदारियाँ"
"PARENTAL RESPONSIBILITIES" (ON WORLD DAY OF PARENTS)
 Date : 1st June 2020, Monday Time: 6pm-7pm

Speakers:
 B.K. Geeta Behn Ji (Senior Rajyoga teacher, M.D. Co. Ord. BK Wing (IREF))
 Dr. Mahesh Karandikar (Neuro Surgeon, Nashik)
 Kanaiyalal Khandelwal (Chief Editor, Marwar Chetna, Mumbai, Ahmedabad)
 BK Ramkrishna Ji (Motivational speaker, Counsellor, Hyderabad)
 B.K. Geeta Behn (Rajyog center incharge, Program co ordinator, Bhinmal)
 B.K. Jitu Bhai (Host, Youth Wing, Mt Abu)

Meeting ID: 830 7690 6636
 Password: omshanti
<https://youtu.be/stAMP6xo2I>

Organiser: BK Rajyog center Bhinmal and Youth W



1. On the occasion of World Day of Parents on 1st June, Webinar on "Parental Responsibilities" was organized by Youth Wing, Mount Abu wherein BK Geeta Behn Ji, Senior Rajyoga Teacher – Mount Abu, Dr. Mahesh Karandikar, Neuro Surgeon – Nasik, Sh. Kanaiyalal Khandelwal, Chief Editor-Marwar Chetna – Mumbai, BK Ram Krishna Ji, Counselor – Hyderabad, BK Geeta Behn, Rajyoga Centre In charge Bhinmal, BK Jitubhai – Mount Abu participated.
2. Webinar on "Rajyoga Meditation for Self-Reliance in Youth" was organized on 25th May wherein speakers like BK Atamprakash Ji – Mount Abu, BK Jagruti – Vallabh Vidya Nagar, BK Geeta – Bhinmal, BK Jitu – Mount Abu guided the participants.
3. Webinar on "Self-Reliance in Changing Times" was organized on 19.05.2020 wherein speakers like BK Kruti (National Co-Ordinator, Youth Wing) – Ahmedabad, Dr. Vivek Modi (Motivational Speaker) – Hyderabad, Dr. Shailendra Gehlot (Professor-NSS Coordinator), Jodhpur, Dr. Ujjwal (MD & Music Yoga Therapy), Sister Abha – Social Dev Professional, Jaipur, BK Jignesh (Engineer & UN Environment Ambassador) – Sweden
4. Delhi: Webinar for Young Professionals was held on 10th May on the topic 'Facing Uncertainties' by BK Dr. Mohit Gupta, Professor of Cardiology at G.B. Pant Hospital, New Delhi.
5. Online Webinar on "Self-Reliance" was organized on 16th May 2020 where in speakers like BK Chandrika (Vice Chairperson) – Ahmedabad, BK Manjula Lodha (chairperson – Lodha Foundation) – Mumbai, Dr. Kiran Patil (MD)-Jalgaon, Br. Rasik Kothari (Businessman) – Mumbai, Dr. Shrawan Modi (Regional President, Vidya Bharati)-Bhinmal, BK Arun (Zonal Youth Wing Coordinator)-Chandigarh, BK Geeta (Core Committee Member, Youth Wing – Bhinmal) guided the participants.

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

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