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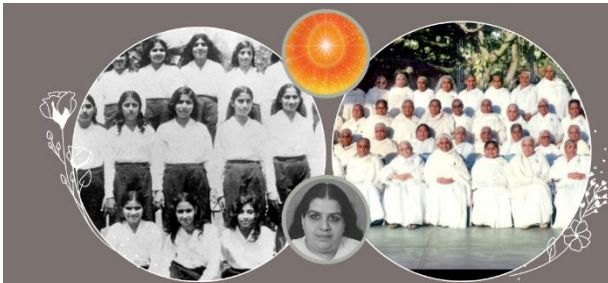
Back to your track / Re-aligning the self / Back to Normal

Dear Youth, during the last one year you were kept on hold from many of your routine activities due to the Corona Pandemic. Now, things are getting normal. Schools, colleges and offices are opening.

Slowly and steadily start your all kinds of activities. Things may not work all of sudden in full swing but start educational, physical and recreational activities to come back into normalcy and open up with new activity. Your body and mind may resist doing certain things as you were not doing the same since last one year. But it's time to get back on track. It is like starting over again, as it happens when we learn new things. Don't keep negative thoughts in your mind. Your thoughts should be like rivers which never reverse, keep flowing, look ahead.

The principle asset of any country is its youth. Several steps were taken in many countries keeping in mind that this present pandemic should not affect youth.

Wishing you normalcy, be adjustable and flexible in getting back to your routine. Be resilient.



Dadi Janki
PEACE — PURITY

The Youth Wing salutes all the incredible women for their unstoppable courage and their outstanding achievements on this International women day.

Women are the world's greatest inspiration. **Happy Women's Day to all the incredible women!**

Dadi (elder sister) Janki is the late Administrative Head of the Brahma Kumaris. Dadi was born in 1916 in the Northern Province of Sindh, now in Pakistan.

She had been with the Brahma Kumaris since 1937. Since 1974, she was based in London. She inspired individuals of all cultures and professions to live according to a higher sense of purpose and to contribute to the creation of a better world. Deep and insightful, she was an absolute joy to listen to and observe. Dadi passed away on 27 March 2020 at the age of 104.

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FILL YOUR LIFE WITH COLOURS OF JOY AND FUN

There are various ways to be supportive or protective about the self, and also to harm. There are many things we do assuming we are doing good to the self, but in the long run we realize the negative impact. Addiction is one of them, wherein one consumes the addicted materials to seek physical and psychological enjoyments. But it acts like a slow poison to bankrupt one's physical and psychological energy and wealth to get into failure and depression. Just to experience short term boost, energy and motivation, youth are prone to such engagement in harming themselves.

Self-harming and consequences:

There are also unintentional harms to the self, maybe because of ignorance or short-sightedness. In schools or colleges because of peer pressure, one engages the self in various activities, spoiling their precious time and age, damaging their invaluable career and life. A baby harms himself in many ways because of absolute ignorance, but a youth harming himself/herself out of negligence and carelessness, it is unforgiveable. However hard one may seek apology, one has to face the consequences and punishments. In religious text, it is mentioned the most heinous activities in the world is "to harm the self", which is also known as "self-infliction".

Positive practices, glory and success:

Be empathetic and compassionate to the self by developing positive habits and imbibing good qualities. Through your own actions, become great and achieve the highest success and glory. There were youths who had taken penance and sacrifice as an initial phase of life by sticking to positive lifestyle and practices and they earned wealth, health and happiness. For example: Bill Gates had been practising computer programming almost 12 to 15 hours a day for number of years before becoming the hero in the field of operating system. When his friends were engaged in various fun activities. In the early computer age, when computer was not that popular or prominent, through persistence and hard work, he created his own future and shaped the future of the world.

(The joy of filling life with different colours through the experience of having different relations with the Almighty)

Life is filled with different colours of experiences. Colours bring joy, fun and enthusiasm. Colours inspire one to live and love. Different colours create different sensations. Imagine the world without colours, it will be dull, sombre and non-exciting. When you look at nature, trees are green, sky is blue, rose is red, yellowish mustard flowers, orange stands for orange and the rainbow represents all. Scientists say if you mix all colours it becomes white and Newton proved it through scientific demonstration, by rotating a fan or a wheel with seven different colours with increased speed, all colours combined to display the colour white. What a great secret hidden in the nature!

The colours of different experiences excite one to live more. In meditation or in psychology people talk about visualisation and imagination. One can imagine and psychologically experience the exciting career of a wealthy businessman, renowned artists, successful player, good-looking and charming personality, muscle and mightiest human being, powerful leader and a compassionate server and more, that is the way one can paint its beautiful life with charming experiences.

The different colours of experiences of love and affection with God were displayed in Bhagawat as Gop and Gopi's playing "Holi" with Lord Krishna. God empowers to achieve colours of light, might and virtue. Light stands for knowledge and purity. Spiritual life without divine colour is dull and dormant. Life filled with love, cooperation, fun, joy and celebration. Celebrate life with achievements of colour combinations of different virtues and powers. The power of tolerance with empathy, the power of cooperation with sacrifice, the power to face with agility and resilience, the power to pack up with the art of winding up things, the power of decision making with the power to focus and deep diving can empower one to fill its life with satisfaction and solitude. Everybody likes colourful design, dressing and display. Choosing the right colour combination is the key to beauty. Rose with different shades of colour along with fragrance is filled with the emotions of love and joy. The life of a Yogi is filled with colours of imagination, visualisation, and experiences with God. Joy of empowering others to experience such shades of life is an appropriate celebration of Holi.

Do not be Judgemental be compassionate

JUDGES

Accept the reality without much questioning, solution will emerge out of your acceptance and happiness.

It is easy to judge and find out loopholes in other's life. We become critic to others and overestimate our own contribution and strength. If one keeps on reviewing other's action, behaviour and thought process assuming self as impeccable, great or unquestionable then it is likely one will damage the beautiful and loving human relationship.

As per the psychologists a person suffering from self-attribution bias, keeps on blaming external factors for one's own failure and pay extra credit to the self for success or achievements.

In audit and finance one famous line is "too much analysis leads to paralysis". If one keeps on analysing other's action as a judge and keeps on defending one's own weakness as an advocate, then it is sure one is doing immortal damage to other's emotion and good relation. Perhaps it is unrepairable. Millions of relationships ended up with differences and divorce just because we are less compassionate and more judgemental. It is difficult to accept one's own weakness, deficiency, and short comings. Unless and until one does not realize them, one assume the self as a perfect personality. God teaches do not be complacent about our own effort, position or progress, rather track and monitor our own preparations and practices towards divinity. The first step of self-correction or transformation is self-realisation. Realisation of our own faults and weaknesses after self-analysis open the path for self-transformation and progress. A person who pays attention to his/her own deficiency and appreciates other's strength, specialities and uniqueness become a unique person.

Compassion is a Solution:

Compassion is a great solution. Be compassionate, understand the situation of the person in front. Be cooperative instead of correcting others. Love, compassions and cooperation teach other's many lesson, they realize and repent immediately. In many instances, one needs to be patient to get the reciprocation or positive reaction. The mother earth keeps on serving its own children with food, shelter, energy, water and wind since ages without any question. Broadening our horizon, opening up our heart and serving selflessly is the solution.

Art of Correcting others:

Definitely one should guide others for improvement and self-development, but identify the appropriate time, place and situation. In a packed meeting criticising and censoring other's mistake means you are developing immortal enemy. In order to correct someone, one can make a personal call or call the individual for a face-to-face meeting to discuss things and short them out. Brahma Baba use to rectify others with benevolence, love, appreciation and care.

We have very sweet moments of life so cherish them, enjoy them, enjoy the relationships, strengthen them with mutual understanding, sharing, compassion, forgiveness and support. It is easy to spoil relations with your review, analysis, critic and micro auditing.

Youth Unintentional Self-harming or Self-inflictions

Act of Self-correction through simple measures and positivity:

In order to restrict the self from self-infliction, one should be watchful, self-checking is the best shield. In spite of all cares if one commits a mistake one should find out some solution for self-correction through determination and confessions. One should become his/her own judge to punish himself/herself, so that the same mistake is not repeated again.

There are various positive practices to enrich life such as: healthy food, early to bed and early to rise, listening to spiritual talks and music, serving others, physical exercises, good company, skill enhancement training and educations, which can bring comfort and joy in life. Nothing is more heinous than thinking of suicide or attempting for it. Those who did, they didn't kill the self but they killed the physical body which is the precious instrument gifted by God, therefore they are liable to suffer birth after birth with a lot of pain, failure and rejections.

Life is precious, protect and empower it to achieve everything.

A realization for self-protection and progress in youth life is essential.

Youth Services

Youth for global peace
Peace walk and webinars

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.



Indore (M.P)



Mandla (M.P)



Kota, Rajasthan



Siddhi (M.P)



Madurai, TN



Suratgarh, Rajasthan



Suratgarh, Rajasthan



Nurmahal, Punjab



Talwadi Saboo, Punjab



Kathua J & K



Samastipur



Indrapuri, Indore (M.P)



Gangotri Vihar, Indore (M.P)



Sadhna Bhawan, Surat



Hathras (UP)



Hathras (UP)



Kurukshetra



Vishakhapatnam (AP)



Panipat



Kurukshetra



Indore (MP)



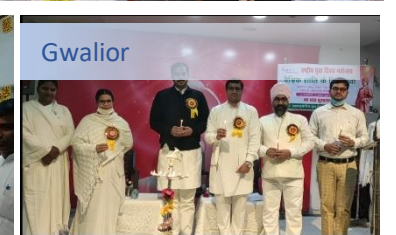
Indore (MP)



Dhanakwadi, Pune



Bhinmal, Rajasthan



Gwalior



Varanasi



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