



**YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP**  
**POINTS FOR SELF PROGRESS**  
**FOR THE MONTH OF JANUARY 2023**

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**Chart for the month of January 2023:**

**AIM: Highest and Holiest**

In the Confluence Age, we souls are attaining the highest stage and status. No other souls can attain such high status because we are getting the sustenance, the education and the highest directions for a highest life from the Highest on High God. In the eternal period, you are those who remain close to the Father in the Supreme Abode. And at the beginning of the cycle of the world, the Golden Age, we souls attain the deity status. The deity life is such a life where we have attained all four types of attainment in mind, body, wealth and people. In the middle period, we become worshipworthy. Within worship too, look how we the deity souls are most accurately worshipped. And now at the end, we are the highest on high brahmin souls who are becoming angels. So, in the eternal, the beginning, the middle and the end we are the highest and the holiest.

So, come, let us give the visions of our highest and holiest stage of the eternal period, the beginning, the middle and the end through the form of remembrance to the world.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	The eternal form
SECOND	The beginning deity form
THIRD	The middle worshipworthy form
FOURTH	The end form of brahmin to angels

For whatever aim is given for the week, let us practice or churn over it. Write at least 10 lines on its benefits. Then check everyday at night, how many % did I become highest and holiest?

**Special Activity: On every Sundays of the month, keep a workshop for all youths and DD chart writers. Make groups and tell them to discuss on the following questions: (Sample for one Sunday)**

1. What is the definition of a highest and holiest stage?
2. How to become highest and holiest?
3. What are the benefits of a highest and holiest stage?
4. What are the disciplines to have a highest and holiest stage?

❖ **In your frame book, write in five lines the following by checking the result and keeping a record before going to bed.**

1. Good morning - 3.30 am
2. Amritvela - 3.30 to 4.45 am
3. Physical exercises/walking - Hanji
4. Traffic control – 5
5. Murli class - in class
6. Did you read the Avyakt Murli? - Hanji
7. Evening yoga - Hanji
8. Self-respect - very good
9. Highest and holiest - 80%
10. Good night - 10.30 pm

❖ **During this month, we are going to wear specially two bracelets of maryadas (Godly principles):**

1. We will always be in a high self-respect.
2. We will never let impurity touch us in even our dreams.

❖ **Practice:**

In every hour for one minute, let us experience the five forms of the self.

❖ **Together with the special practice of Divya Darpan, write in your notebook after noting down today's murli, at least 21 times the points of self-respect or 10 points of churning. If you have had any good experience, then note it down too.**

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	I, the soul, am a conscious star.
SECOND	I, the soul, am a supremely pure deity.
THIRD	I, the soul, am supremely worshipworthy.
FOURTH	I, the soul, am a brahmin becoming angel.

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