



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

Chart for the month of february 2023:

AIM: Experiments of yoga

We all do yoga but sometimes we feel whatever achievements must be there, we are not experimenting. The reason is we don't do experiments of yoga. Only the souls who are the embodiment of knowledge can do it. Embodiment of knowledge means that every thought, word and action are powerful. Embodiment of yoga means every thought being naturally yogyukt and yutiyukt. Did you experiment in this auspicious time of the Confluence Age all the specialities and the definition of yoga? We must check them within us. If we haven't experimented the powers of yoga on time then they will go waste.

So, come, let us do the experiments of yoga. Let us be yogyukt and yuktiyukt.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	Transformation of sankars
SECOND	Be free from the influence of nature
THIRD	Victorious of the vices
FOURTH	Self sovereign

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 experimented of yoga?

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 importance of doing experiment of yoga?
2. What is the method of doing experiment of yoga?
3. What are the characteristics of souls who do experiment of yoga?
4. Create action plan?

❖ **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. Experiment of yoga - 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 remain powerful in the mind, speech and actions.
2. We will not be influenced by any vices.

❖ **Practice:**

In every hour for one minute, let us understand the self to be a soul and remember the Supreme Soul with great love.

❖ **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 am a soul.
SECOND	I, the soul, am victorious over nature.
THIRD	I, the soul, am victorious over maya.
FOURTH	I, the soul, am self sovereign.

Phone No: (079) 26444415, 26460944

Email: bkyouthwing@gmail.com

Website: www.bkyouth.org