



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

Chart for the month of May 2023:

AIM: Be victorious over lust and become the conqueror of the world.

The target of Brahmin souls is to become victorious over lust and to become the conqueror of the world. To conquer lust that is the descendants of the vice of lust and all the limited desires. That is, in the right meaning, the sustenance of the virtue of purity. Whenever we go out of the fortress of purity even in our thoughts then the influence of sorrow and peacelessness is experienced. Desires are the reason of sorrow and peacelessness. A victorious soul over lust cannot have the waves of sorrow and peacelessness even in dreams.

So, come, let us become victorious over lust and become the conqueror of the world by liberating the self from sorrow and peacelessness and also free this world.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	Be above the desires of material things.
SECOND	Be above the desires of limited attainments through people.
THIRD	Be above the limited desires in relations.
FOURTH	Be above the limited desires in the feeling of serving.

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 victorious over lust and the conqueror of the world?

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 to be victorious over lust?
2. What are the disciplines needed to become victorious over lust and the conqueror of the world?
3. What are the characteristics of souls who are victorious over lust and the conqueror of the world?
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. Point form - 80%
10. Good night - 10.30 pm

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

1. To do the practice of not seeing whilst looking.
2. To always stay in the remembrance of our achievements.

❖ **Practice:**

In every hour for one minute, let us by going to Baba, take from Baba the rays of happiness and peace.

❖ **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 the owner of the imperishable treasures.
SECOND	I, the soul, am complete with all attainments.
THIRD	The world of I, the soul, is Baba.
FOURTH	I, the soul, am an instrument.

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