



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

Chart for the month of June 2023:

AIM: Detached from the body, a flying angel.

An angel means the one who has no relation neither with the old body nor with the old world. In order to become an angel whatever obstacles that are coming are due to not letting go the consciousness of the body and the ego of the body. It is still easy to let go body consciousness but as much as we become knowledgeable and yogi soul, that much the ego of the body becomes an hindrance. Multiple types of ego are seen. The ego of our intellect, the ego of our elevated sanskars, the ego of our good nature, the ego of our successful services. The doors of ego opens from "I" and "mine". The definition of an angel is not just to be beyond the attraction of body consciousness and the ego of the body but an angel means to be detached from all the subtle egos. The sign of ego is wherever there is ego there is the instant feeling of being insulted.

So, come, let us be detached from the consciousness of the body and the ego of the body and experience the perfect stage from brahmin to angel and become in front of everyone an example of the state of an angel.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	Be detached from the body.
SECOND	Be detached from the bodily relations.
THIRD	Be detached from the resources of the body.
FOURTH	Be detached from the ego of the body.

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 reach closer to the angelic stage?

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 an angel?
2. What are the disciplines needed to have the angelic stage?
3. What are the characteristics of souls who are having the angelic stage?
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. Angelic stage - 80%
10. Good night - 10.30 pm

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

1. To remain detached from the consciousness of “I” and “Mine”.
2. To always stay in the double light stage.

❖ **Practice:**

In every hour for one minute, be an angel and go to the subtle region and by having an eye contact with Baapdada receive the rays of all the virtues and all the powers.

❖ **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 shining star.
SECOND	I, the soul, am detached from everyone and lovable to Baba.
THIRD	I, the soul, am using the resources through meditation.
FOURTH	I, the soul, am a double light angel.

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