



YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

FOR THE MONTH OF OCTOBER 2023

Chart for the month of october 2023:

AIM: Become free from speaking wasteful words and words that disturb others.

The boon of brahmin life is to speak the truth that is whatever the confluence aged brahmins speak it will always be the truth. We have to be very careful in our speech. We have to economise our words. It is known that the personality of a person is measured by his speech. Our speech will show our future status. Baba has given us a mantra “speak less, speak soft and speak sweet”. We, brahmins should always use very pure words. We should never speak impure words, jokey words and words that shake someone’s state of mind. We are the ancestors and worshipworthy souls. Our words must be of divine verse. If sometimes we have wasteful thoughts and at other times powerful thoughts then our worship will be like the job is done.

So, come, let us free the self from speaking wasteful words and words that disturb others and show in front of the world our forms of ancestors and worshipworthy.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	Be free from jokey words.
SECOND	Be free from wasteful words.
THIRD	Be free from words that disturb others.
FOURTH	Be free from impure words.

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 % have I freed myself from wasteful words and words that disturb others.

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 meaning of wasteful words and words that disturb others?
2. What are the disciplines to free the self from wasteful words and words that disturb others?
3. What are the characteristics of souls who are free from wasteful words and words that disturb others?
4. Create an action plan to free the self from wasteful words and words that disturb others?

❖ **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. Free from wasteful words - 60%
10. Good night - 10.30 pm

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

1. To always use pure words.
2. Never to beg royally. like let my name be glorified, let me be honored, etc.

❖ **Practice:**

In every hour for one minute, let the soul experience the rays of purity from Baba. I, the soul, am becoming powerful.

❖ **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 an ancestor.
SECOND	I, the soul, am worshipworthy.
THIRD	I, the soul, am a Confluence Aged angel.
FOURTH	I, the soul, am the light of the brahmin clan.

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