



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

Chart for the month of November 2023:

AIM: Free from disheartenment.

Baba has made us remember whenever you have any physical illness, any storms in the mind, agitation in the body, in the family, in service then whatever the agitation is but never become disheartened. By being disheartened, the agitation increases, it doesn't reduce. Therefore be courageous and get Baba's help. There is a saying: "As courageous is the child, as much he gets the help of the Father". Not that, you start crying... what should I do? ... what should I do? Then they also start thinking Baba is not even helping. But we should always remember: "only the ones who are courageous get help". So first is the courage of the child then the help of the Father. We should keep this complete faith that we are Baba's companions. If we are truthful then no matter what Bapadada will always feed us with daal-roti. He won't feed the ones who are lazy and careless.

So, come, let us free the self from disheartenment and give ourselves the wings of zeal and enthusiasm in order to fly and make others fly.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	Be free from bodily disheartenment.
SECOND	Be free from mental disheartenment.
THIRD	Be free from financial disheartenment.
FOURTH	Be free from public disheartenment.

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 disheartenment.

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 free from disheartenment?
2. What are the disciplines of those souls who are free from disheartenment?
3. What are the thoughts of the souls who are free from disheartenment in different situations?
4. Create an action plan to free the self from disheartenment.

❖ **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 disheartenment - 80%
10. Good night - 10.30 pm

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

1. To always be free from laziness and carelessness.
2. To always remember the courage of the child and the help of the Father.

❖ **Practice:**

In every hour for one minute, let us seat on the heart throne of Baba and make all souls free from disheartenment.

❖ **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 detached from the body.
SECOND	I, the soul, am victorious over the mind.
THIRD	I, the soul, am the richest in the World.
FOURTH	I, the soul, am satisfied with all.

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