



YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP
POINTS FOR SELF PROGRESS
FOR THE MONTH OF JANUARY 2024

Chart for the month of January 2024:

AIM: The power of silence

The month of January is a special month for tapasya, for blessings and an avyakt month. In this month, in order to become like the Father, we are getting special sakash from Baba. During this month, let us maintain the silence of the mind and the mouth by adopting the power of silence and we will attain an obstacle free stage. When we will be obstacle free then the souls of the world will become obstacle free. We have to become obstacle free by following the Father and also we have to make our companions and the centre obstacle free. With the power of silence, we have to transform the self, transform our attitude, transform our sanskars and transform our world.

So come, let us inculcate the power of silence and do self transformation towards world transformation.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	With the power of silence transform the self
SECOND	With the power of silence transform the attitude
THIRD	With the power of silence transform sanskars
FOURTH	With the power of silence transform the world

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 % of transformation did I do through the power of silence.

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 power of silence?
2. What are the methods to increase the power of silence?
3. What are the benefits in increasing the power of silence?
4. Create an 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 | 6. Did you read the Avyakt Murli? - Hanji |
| 2. Amritvela - 3.30 to 4.45 am | 7. Evening yoga - Hanji |
| 3. Physical exercises/walking - Hanji | 8. Self-respect - very good |
| 4. Traffic control – 5 | 9. Power of Silence - 80% |
| 5. Murli class - in class | 10. Good night - 10.30 pm |

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

1. We will follow accurately the brahmin timetable.

2. We will keep silence from 8.00 am till 8.00 pm

❖ **Practice:**

In every hour for one minute, let us catch the powerful rays of peace from the Ocean of Peace and become the messenger of peace to spread the rays of peace in the whole world.

❖ **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 great soul who do self-reflexion.
SECOND	I am a great soul who transforms the environment through my attitude.
THIRD	I am a divine cultured soul.
FOURTH	I am an ancestor soul.

Phone No: (079) 26444415, 26460944

Email: bkyouthwing@gmail.com

Website: www.bkyouth.org