



Youths are the heart and soul of a nation. They don't only work hard but also enjoy their life. Their joy and happiness keep youths active, motivated and energetic.

A matter of concern is to discover and follow the right form of enjoyment as it nourishes the soul, inspires others and supports social development. Enjoyment and relaxation through abusive substances, narcotics, and alcohol may give temporary happiness but kill the mind and body in the long run. Youths are determined to enjoy life and to live for themselves and their family members responsibly.

The Year 2024 is the year of determination to give up all harmful habits whether gambling, addictions or irritations to enjoy a peaceful, powerful and pleasant life.



BK Chandrika ben.
Editor, Youth wing
Newsletter,
Vice chairperson,
Youth Wing, RERF.

World Cup Cricket 2023 and Youth



- Shiba Prasad

Going through the result so far, it is quite disappointing for England, but to the surprise of all, how can this be possible? Once upon a time, England the country which invented the game called Cricket, was invincible and almighty in its own format, how can they decline to such a level?

On the other hand, a country like Afghanistan which is passing through political, economic and social turmoil could defeat leading countries like Pakistan and Sri Lanka. Here the importance of passion and determination in getting success in life is clearly visible.

England team is disheartened, demotivated, and broken. Though they have the rich experience, resource, exposure and players, still what is damping their rhythm and efforts? What is pulling them down? Netherland, Afghanistan being new, the kind of eagerness, willingness and fervor they are exhibiting is commendable. The Hindi word "Junoon" the die hard passion of a person means one is ready to sacrifice everything to have success. Even South Africa had passed through very bad phases, because of political, communal and economical problems, still they are doing great. Match fixing also ruined cricket for certain phases, still they are resilient enough to bounce back. Resilience plays an important role in getting success in life.

Inside



Beyond Closed Windows

- Payal Jethra

*"God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference."*

- Reinhold Niebuhr

What do you do when you need support or assistance whilst travelling to unfamiliar places? asked a concerned elderly gentleman. "Does family always accompany you?"

Could you be more specific? I said.

You mentioned you're working full time. There's home and office commute, meetings and a whole lot of go back and forth beyond office too. Your son's school, groceries, basic requirements..... I mean I can't....I mean....." he stumbled upon words.

The mind when coaxed gently, learns to bite the bullet. Sure, it takes a while to unlearn and learn but patience and persistence pays off. Meditation has taught me to connect to the One, the Only One. It's not my job to figure things out. A tooth brush falls to the floor as I step into the washroom this morning. I stop, observe, and stir my thoughts (SOS) I refrain from the impulse to push the panic button. He ensures whatever is to reach me, reaches.

With Him, I step out for office each morning. It's His job to navigate me through this drama. He sends me a ride; He figures whatever whoever is best for me. His plans for me are better than my plans for me. What reason can I have to complain or even want? All gaps are full. Every thought is taken care of. His Pearls of Wisdom fill all nooks and crannies of my mind so that it becomes air-tight and leaves no room for stale thoughts.

What about stuff on the computer andI mean online and stuff?" he asks as we stroll around the building exploring a newly inaugurated park.

Nowadays, there's top class accessible technology for the blind. Technology is evolving as we speak, on phone and on the computer. There's technology when you need what you need. It's another ocean. Again, it's all out there. I need not put my finger in every pie. He connects the dots, putting me in touch with the right soul at the right time. I wish to understand filing returns on the yet to be accessible Income Tax website. He figures the perfect person to guide me through. A call or message pops up on the screen of my phone. Had I initiated effort in any direction, it would be out of my limited lokik vision of the past, a tunnel vision that blurs images. Its better I see little, only basic functional. From up there, He ensures I get a pair of eyes at the appropriate time for appropriate timely tasks.

We were sitting on a garden swing broad enough to accommodate all of us. The freshness of little violet flowers fragrance filled my nostrils and every cell of my body vibrated with energy. Thank you dear Nature for every beauty you've shared with us since the inception of time.

When I need to buy vegetables and groceries, I went on responding to his next query, the grocers/sellers around where we live are aware of my low vision. They suggest to me what fruit, what vegetable is seasonal and feasible. Their judgement works well for me. It's my nature to generally believe people. In fact, people go out of their way to tell me if there's something to be seen. They "be My Eyes" for me. Drama sends across a variety of souls with a variety of lovely eyes but all with crystal clear vision. God ensures their thoughts and visions are focused in the direction He intends me to move. I thank them and life at large for each passing day. Rickshaw drivers share honestly that they forgot to turn on the meter before we began the ride. They trust me to pay whatever fare I feel will be appropriate. Vegetable sellers go one step further to show me weights and sizes of apples and pomegranates. Where should I have a problem I see not?

He (my Divine Father up there) leaves no stone unturned. For what should I whine? Can you give me one reason from your perspective? Accepted and acknowledged - One door is closed. That's a fact but what about the 99 doors that stand open waiting for me to hop through? The time and energy spent on highlighting and magnifying the one door that is shut can be steered in a different direction and channelized in a positive way. We all on Earth have a 24-hour day. No one is going to give me an extra hour or two which I can spend sitting down with melancholic thoughts.

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Beyond Closed Windows

No way, I am not parting with my precious minutes. Why must I allow Mr. Grief and Company to steal my stability and peace? I guard them close to my heart. I shield them from the world outside as one protects a Diya from the wild wind.

Whether it be a mere visible visual impairment, which hardly matters with all the tons of gifts that overshadow and overcompensate making me forget about it until I'm reminded. Or turbulence around, I choose to guard my mind. I choose not to let thorny thoughts prick or poke the lotus petals that rise above the waters of my mind.

To the outside world it appears like I'm legally blind, so be it! If you choose to hop in through this spiritual threshold and come sit beside me as I do share space beside my God – parent, you'll be intoxicated, captivated and addicted to this space that's tucked in "Beyond Closed Windows".

Little Guiding Light of Mine

This little guiding light of mine
I'm gonna let it shine

This little guiding light of mine
I'm going to let it shine

This little guiding light of mine
I'm going to let it shine

Let it shine, all the time, let it shine

Hide it under a bushel, no
I'm going to let it shine

Hide it under a bushel, no
I'm going to let it shine

Hide it under a bushel, no
I'm going to let it shine

Let it shine, all the time, let it shine

Take my little light round the world
I'm going to let it shine

Take my little light round the world
I'm going to let it shine

Take my little light round the world
I'm going to let it shine

Let it shine, all the time, let it shine

Don't you blow my little light out
I'm going to let it shine

Don't you blow my little light out
I'm going to let it shine

Don't you blow my little light out
I'm going to let it shine

Let it shine, all the time, let it shine

Source: [lyricsondemand.com](https://www.lyricsondemand.com)

World Cup Cricket 2023 and Youth



Two things to learn from this, no one is invincible do not be complacent and egoistic. Anyone can do wonder in spite of all barriers, limitations and problems. Poverty could not dampen the spirit of Afghanistan players. They must have practiced hard.

Practice, passion, and perseverance brings success which are immortal, invisible, and inexpensive but invaluable. In spite of abundant resources, legacy, network and money without the psychological power it becomes difficult. Meditation reactivates the spiritual resources such as wisdom and virtue, through which one can do miracle. A person with illness, physical disabilities can do wonder in education and learning through interest, concentration, and dedication to be qualified to get a good job.

Means whatever may be your background through psychological resources such as obedience, consistency, sweetness, unity, understanding, sharing, and caring you can achieve much higher position than an educated and privileged person. Do not be complacent and undermine the enemy or opposition, be vigilant and active.



Youth Services

To inspire, to empower, to realise, to rededicate, to meet, to share, to break all bondages like addictions, bad habits and blind faith, to spread the message of brotherhood by developing spiritual consciousness.



1. Solan (HP): BK Arun (Zonal Coordinator-Punjab) conducting the training for the project “Patriksha Mitra” to BK Youth volunteers. **2.** Abu Road: Youth Wing Committee Members meeting Dadi Ratan Mohini, Chairperson of Youth Wing during the two days meeting for planning Youth Services for the year 2024-25. **3.** Dubai: BK Youth Participants of COP29 meeting BK Jayanti (Additional Administrative Head of Brahma Kumaris World Spiritual University). **4,5.** Neemach: Youth participating in “Career Pressure and Mental Health” session conducted by BK Dr. Swaminathan. **6.** Bhinmal: 250 girls from 5 districts participated in “Kishori Sanskar Shivir” mentored by BK Geetabehn.

Youth wing, Rajyoga Education & Research Foundation

C/o Brahma Kumaris
6 & 7, Mahadevnagar Society,
Opp. Aakar Complex, S. P. Stadium Road,
Navjivan, Ahmedabad - 380 014.
Mobile: +91-9427313773,
Tel: +91-79-26460944, 26444415

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