



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

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**Chart for the month of April 2024:**

**AIM: Stepping in the footsteps of Brahma Baba**

All of us Brahmin souls have only one resolution that we want to become complete and perfect like Brahma Baba. Brahmin means Brahma's mouth born progeny. The moment every Brahmin soul is born, Brahma Baba himself applies a tilak of the memory of victory on his forehead. Brahma Baba always remained an embodiment of easy victory. If we also want to become victorious, then we too will have to follow the footsteps of Brahma Baba in every task. This is what comes easy. No new path has to be found. Whatever work you do, whether you think in your thoughts, whether you speak words, or come into relations – contacts through actions, before doing every work, think whether the work I, a Brahmin soul, am doing is similar to Brahma Baba? If not then don't do it. Neither to think, nor to speak, nor to do. If we follow the same steps as Brahma at every step, then firstly we will always feel ourselves to be a natural effort maker and we will always feel close to the destination of perfection.

So come, Let us practice becoming perfect and complete by following the footsteps of Brahma Baba.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	To behave in relation-contact like Brahma Baba.
SECOND	To act like Brahma Baba.
THIRD	To speak like Brahma Baba.
FOURTH	To think like Brahma Baba.

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 pass?

**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 like Brahma Baba?
2. What are the disciplines to become like Brahma Baba?
3. What are the specialities of the souls who will become like Brahma Baba?
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
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. Solutions to excuses - 80%
10. Good night - 10.30 pm

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

1. Will not have any unnecessary or negative feelings towards any soul.
2. Your attitude and vision will always be of utmost good and welfare towards everyone.

❖ **Practice:**

In every hour for one minute, we will check if my thoughts, words and deeds were like Brahma Baba.

❖ **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 humble.
SECOND	I, the soul, am a trustee.
THIRD	I, the soul, am speaking pure words.
FOURTH	I, the soul, am with good feelings and good wishes.

Phone No: (079) 26444415, 26460944

Email: [bkyouthwing@gmail.com](mailto:bkyouthwing@gmail.com)

Website: [www.bkyouth.org](http://www.bkyouth.org)