



### The Transformative Power of Personal Time

Imagine your personal time as your private studio, where introspection is your chisel and your personality the masterpiece. Here, you're not merely a spectator, but the co-architect of your life's blueprint. Divide this haven into focused moments, each a brushstroke shaping your future self.

Identify your strengths, hidden talents, and challenges. Chart a course, each step leading you closer to your ideal self. Start sculpting your life by caring about yourself. So, bathe in gratitude, reframe stumbles as lessons and find solace in every pursuits that ignite your soul. Banish all negativities. Let optimism guide your brushstrokes. Visualize your dreams taking a vibrant form. Embrace the messiness, celebrate all your small wins and learn from your setbacks. With each dedicated session, you chip away, revealing the radiant core within. So, step into your studio, light the flame of introspection and begin sculpting the most exquisite masterpiece that is 'YOU'. Remember, it's an ongoing journey, not a destination. The tools are within you. Unleash the artist and watch your masterpiece evolve.



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#### **Defeat Anxiety and Depression:**

The world is becoming a shelter for depression, anxiety is increasing. Youth are avoiding gatherings, sports, and outdoor activities to be secluded. Many are withdrawing from active personal, schooling and family life. These are symptoms of psychological bruises or conflicts. Many a time youth are facing a shock in their life, witnessing the corruption and conflicts in and around them. They were having nascent feelings and innocent perceptions about the world, which were challenged by the harsh reality. In the European Union, more than 11 million youth are in depression.

#### **How to cope with depression?**

##### **Coping with Anxiety:**

Active participation in academic and social life. Keeping the self academically and in social services busy helps to release tension and develop patience.

- Spiritual path gives us an understanding of the world and uplifts us beyond the material world.
- There is a divine world, the world of truth and true happiness and realization of the life beyond the mundane day-to-day activities helps in developing patience.
- Rationalize your expectations, if one keeps the self busy with low expectations then one can enjoy life.
- High expectations make one depressed. Meditation is the process to keep the self engaged positively at the level of thought.
- Forgetting the painful, sinful or abusive moments of the past and to start life afresh with a new beginning and determination.
- Let us kick start life without worries and hurry. Slow and steady wins the race.

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# I FEEL JEALOUS

## I feel Jealous.

What feeling arises in the mind after seeing someone's success or happiness, someone getting a good companion or getting an award or a good vehicle? When the house of someone you know becomes bigger and more beautiful than yours or he/she has more friends, associates, followers, disciples than you, what arises in the mind? I am sure you don't like those feelings. These type of feelings forces you to gossip and look at the shortcoming of others. These feeling takes away your peace and tranquility. Due to this you feel as if a snake is coiling in your heart and you have burning sensation. You feel low and bad. It reduces your working capacity. This bad feeling is called jealousy or envy.

## Is jealousy a punishment?

It is mentioned in the scriptures regarding punishment that one is burnt in oil pans. Boiling in an oil pan causes pain only for a few moments compared to the soul burning in the fire of jealousy who continues to smolder for an entire year or even a lifetime upto the next birth. Basically, jealousy is a torture, it is a punishment. The evil continues to punish and due to ignorance the soul continues to suffer this punishment.

Ask yourself: Is there always peace in my heart? Have I stopped crying? Do I always have love for myself? Do I always have love for everyone? Do I always feel joy, happiness in my heart? Do I always experience the true form of bliss? Am I free from anger in my actions and words?

If the answer to any one of the above questions is "No", then it means you are going through the punishment.

## Is being jealous a bad thing?

The soul suffering from the feeling of jealousy is said to be going through the life of a snake. Such a soul is burning within and doesn't like another person, just as a snake doesn't like anyone around him and is eager to bite. Similarly, a soul suffering from jealousy will continue to feel envious at every step and will continue to speak ill of them. They will keep spitting out poison, just like a snake."

## How to be free from jealousy?

God says, "If you donate the vice, the eclipse of bad feelings will go away." O soul, you are a great and noble soul! Resolve again and again that "I am a great soul, I am a noble soul." While doing this, voices may come from your heart telling you that you can't be great, you are egoistic, you have the vices within your mind, you have many desires, you are angry, you are greedy, you live in tension, you are weak, your beliefs are weak, you are sick, you are depressed, you have no enthusiasm, etc. Whatever bad feelings arise in your heart, write them down and give them to God, in this way you will be free of negative thoughts. Until the soul is satisfied with its mind, intellect, values, and role, it can't love itself, it can't give regard to itself, and others will not give respect either. The soul will not be able to live in joy and will automatically start burning with jealousy after seeing those who are achieving success.

Until and unless the soul tells the truth to God and takes the blessing "Sachche Dil Par Saheb Raazi" (God is pleased by the true heart), the soul is forced to burn in the fire of jealousy, and its progress also stagnates. One has to tell the condition of one's heart and feelings of jealousy to God. Who is that person you don't like to see? Whose success are you irritated by? What is it about them that makes you feel bad? If you develop some of their qualities, then you will feel relaxed? If something bad may happen to them will it bring peace to your heart? If you give heartfelt answers to all such questions in a written form to the Supreme Father, Supreme Soul, then this effort will help you to be free from jealousy. You need to give words to your feelings; otherwise, you will fall into the category of people with sugar in their mouth and a knife in their heart. The more you tell the truth, the more you will become established in self-respect and become free from jealousy. Secondly, you should definitely appreciate the person for his good quality or success to be free from jealousy. If we don't appreciate, jealousy gets over us.

So let us appreciate to save our mind from jealous feelings.


- Vibhor

## Focusing on Virtues and Strengths

Despite its size, an ant can drive an elephant to distraction simply by crawling into its ear. This serves as a powerful reminder of how even the smallest irritant can have a massive impact. Similarly, allowing even the slightest negative remark about someone to enter our minds can diminish our spiritual tranquillity and our inherent value, influencing how we interact with them based on hearsay rather than personal experience.

Take heed of this insight! It's crucial to be discerning about what we let influence us. Strive to recognize and appreciate the virtues and unique qualities in others, rather than focusing on their flaws. Let's commit to seeing the best in everyone, enhancing our interactions and personal growth.

Courtesy <http://www.thoughtfortoday.org.uk>




Be flexible,  
develop the  
nature of  
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and  
adaptability

Youth has to learn to be flexible, malleable, and sensible. Rigidity in thought and behaviour develops conflict. There is a difference between firmness and stubbornness. Remaining firm is good which means sticking to one's own ideology and divine principles. But being stubborn develops disobedience, carelessness and disregard towards others which results in developing hatred and bitterness in relation. Adaptability and adjustment teach acceptance, love and gregariousness in life.

Rigidity teaches to adopt avoidance and uncompromising stance relation. We can see how the political heads, the heads of nations are becoming so astute and uncompromising in their behaviour and as a result war is expanding. Instead of settling down through discussion, negotiation and exchange of words, war terrorism and hatred are growing.

There are so many other problems to solve such as poverty, malnutrition, and terrorism, instead, money and valuable resources are spent in war and conflict. The problems which can be solved through understanding and tolerance are getting escalated in the name of self defence. Success lies in "live and let live", in "sharing and caring".

Communalism, regionalism and chauvinism lead to misunderstanding and selfishness. Fighting for power and wealth to have material pleasure makes one evil. Divinity, peace, wisdom, self-restraints and cooperation bring heaven on earth.



## Journal writing for self-improvement.

Keeping a personal journal can be a powerful tool for self-reflection, growth and positive change. The act of writing out one's innermost thoughts, feelings, everyday experiences fosters increased self-awareness and emotional intelligence. By getting thoughts and emotions down on paper, we are able to organize them, track patterns or trends, gain meaningful insights, and clarify what matters most.

Journaling enhances introspection. It allows us to have in-depth conversations with ourselves where we dig deeper into questions like "Why do I feel this way?", "What ideas or assumptions might be influencing my thoughts/behaviors?" or "What might I handle differently for better outcomes?" Over time, regular journaling forms a comprehensive inner narrative that connects our past and present in an authentic way.

Translating emotions and ideas into writing leads to critical thinking. Articulating experiences, decision points, thought processes and learnings cements them - helping integrate new positive habits. Keeping record of goal progress, setbacks faced or problem-solving attempted makes us more accountable. Reviewing past journal entries allows assessing what works versus what needs adjustment in order to nurture personal growth.

Routinely writing personal journals trains constructive self-talk - an invaluable skill for mental health and achieving one's potential. Keeping a journal facilitates the ongoing practice of self-examination, betterment and positive change. It is a simple yet transformative tool for self-improvement.



## Letting Go of Sorrow

If I allow bitterness and resentment to fester inside, it will make my relationships guarded and unsatisfying. The more I close down to others, the more I become a stranger to myself. By letting go of sorrow and negativity, I can keep my nature open and loving. Remaining open to life, with its constant adventures and opportunities to grow, is the only way to reach my full potential.



# 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. **Delhi-ORC:** Youth Participants on "Choose, Change, Become - Being New" Retreat. BK Ansuya Behn, BK Rohit, BK Vidhatri, BK Varnika.
2. **Mumbai – JNPT (Mah):** On the occasion of National Youth Day, BK Geeta, BK Ujjawala addressed to the students of Vir Vajekar College.
3. **Varansi-Gaighat (UP):** NSS member of DAVPG College attended meditation session.
4. **Bhubaneswar Unit 9 (Orissa):** Under "Youth India Healthy India", youth participated on the theme "Science behind Success & Positive thinking & Goal Setting".
5. **Jammu BC Road (J & K):** Youth Peace walk organized on National Youth Day. SSP Rakesh Parihar (Chief Guest), BK Sudarshan Didi, BK Ravinder, BK Kusum Lata.
6. **Gwalior Indra Ganj (MP):** BK Adarsh, BK Dr Gurcharan Singh, BK Prahlad conducted the seminar on "Reset your Brain" on the occasion of National Youth Day.
7. **Chhatarpur-Kishor Sagar (MP):** On National Youth Day, under "Youth India Healthy India" BK Rina at Shashakiya Kanya Uchchar Madhyamik Vidyalaya
8. **Kalol (Gujarat):** On National Youth Day, under "Youth India Healthy India" BK Arunadidi with youth participants.
9. **Mandla (MP):** On National Youth Day, under "Youth India Healthy India" BK Mamta, BK Omlatta, Sis Kalpana Namdev, Prof. Dr Sharad Narayan Khare, Dr Sakshi Nema mentored the youth participants.
10. **Chhatarpur – Luvkush Nagar:** BK Usha with youth participants during "Pariksha Mitra" project at Devpur Shashkiya High School.

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