



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

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

**AIM: To become the conqueror of lust, the conqueror of the world.**

The aim of us Brahmin souls is to become the conqueror of lust and the conqueror of the world. To conquer lust means to conquer the descendant of the vice of lust, that is all the limited desires. This is the cradle of purity in the true sense. If we go outside the fort of purity even through thoughts, we experience the effects of sorrow and unrest. Desires are the cause of sorrow and unrest. A wave of sorrow and unrest cannot come to a soul, conqueror of lust, even in its dreams. Desires (wish) means desires (want). Desires never allow us to become good. It is the state of ignorance of mere desires that makes one the king of the world.

So come, Let us free ourselves and the world from sorrow and unrest by becoming the conqueror of lust and the conqueror of the world.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	Beyond the desire of things.
SECOND	Beyond the limited desires to achieve anything from an individual.
THIRD	Beyond the expectations of the limited desires in maintaining relationships.
FOURTH	Beyond the expectations of the limited desires while serving.

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 become the conqueror of lust and the conqueror of the world?

**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 the conqueror of lust?
2. What are the disciplines needed to become the conqueror of lust and the conqueror of the world?
3. What are the specialities of the souls who are the conqueror of lust and the conqueror of the world?
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 - Yes
4. Traffic control – 5
5. Murli class - in class
6. Did you read the Avyakt Murli? - yes
7. Evening yoga - Yes
8. Self-respect - very good
9. Conqueror of lust/conqueror of the world - 80%
10. Good night - 10.30 pm

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

1. Will always practice not seeing while looking.
2. Always stay in the remembrance of our achievements.

❖ **Practice:**

In every hour for one minute, by going to Baba we will take the rays of happiness and peace.

❖ **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 the owner of imperishable treasures.
SECOND	I, the soul, am full of all attainments.
THIRD	The world of I, the soul, is Baba.
FOURTH	I, the soul, am an instrument.

Phone No: (079) 26444415, 26460944

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

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