



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

Chart for the month of June 2024:

AIM: The power of thoughts.

The greatest treasure that creates the present and the future is the treasure of your elevated thoughts. The power of thoughts that you children have is a great power. You have the power of good wishes and pure feelings. You have the power to concentrate your minds and intellects. The main way in which you waste this power is waste thoughts. Your pure, elevated thoughts have so much power that you are able to increase your catching power and your power to catch vibrations. At the end, this power of thoughts will do very fast service. The result of the accumulation of the power of thoughts is that you are able to spend your mind wherever, however and for the time you want. On the basis of your thoughts, your words and actions work automatically. With this power of thoughts you are able to transform everyone's intellect.

So come, let us gather our power of thoughts by using them and by boosting our morale.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	Free from negative thoughts.
SECOND	Free from waste thoughts.
THIRD	Creator of elevated thoughts.
FOURTH	Have good wishes and pure feelings for all.

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 much % did I accumulate the power of thoughts?

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 thoughts?
2. What are the disciplines needed to strengthen the determination of the power of thoughts?
3. What are the attainments for accumulating the power of thoughts?
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. Power of thoughts - 80%
10. Good night - 10.30 pm

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

1. Will never have waste or ordinary thoughts.
2. Will always have pure and elevated thoughts.

❖ **Practice:**

In every hour for one minute, by concentrating the mind and the intellect, we will fill the self with the power of 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 always progressing.
SECOND	I, the soul, am full of all attainments.
THIRD	I, the soul, am satisfied.
FOURTH	I, the soul, am master world benefactor.

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