



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

Chart for the month of July 2024:

AIM: Free from anger

We Brahmin souls have to sacrifice our slightest trace of anger for the sake of Baba's love and become free from anger. Just as we pay attention to the enemy of lust, similarly we have to pay attention to the enemy of anger because it causes disservice. Anger always shows itself between two people and it is then visible. Some have anger in the form of great rage, some have in the form of force and some have in the form of irritation. Even if there is a part of hatred for someone in the mind, then the form of force definitely arises in the mind towards that soul. The reason for anger arising is that good feelings and love towards the souls do not emerge. As a result of that we turn off our mood, distance ourselves from that soul, will not talk to them, will reject their words. All these are signs of anger.

So come, Let us be free from anger and abandon even the traces and progeny of anger.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	In thoughts - I am the embodiment of peace.
SECOND	Attitude - good feelings and good wishes towards all.
THIRD	Vision – keep the vision of souls as brothers.
FOURTH	In action - to give happiness and to take happiness.

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 free from anger?

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. How many types of anger are there?
2. What types of disservice are done through anger?
3. What are the necessary disciplines needed in order to be free from anger?
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. Free from anger - 80%
10. Good night - 10.30 pm

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

1. Whenever I get angry, I will say from my heart "Sweet Baba".
2. Will always have good feelings and love towards all souls.

❖ **Practice:**

In every hour for one minute, by imbibing the rays of peace from the Supreme Soul, the Ocean of Peace, we will spread rays of happiness and peace throughout the world.

❖ **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 avatar of peace.
SECOND	I, the soul, am a well wisher.
THIRD	I, the soul, am a point of light.
FOURTH	I, the soul, am the deity of happiness.

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