



YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

FOR THE MONTH OF AUGUST 2024

Chart for the month of August 2024:

AIM: Contentment

Confluence Age is the age of remaining content and making others content. The specialty of Brahmin life is contentment. Contentment is the biggest treasure. Contentment is the personality of Brahmin life. Souls easily become content with this personality. In Brahmin life, the Brahmin soul who has the greatness of contentment, the personality of contentment is visible in his face and the personality of the position of the highest stage too. The basis of contentment is all the attainments received from the Father, that is, a soul full of abundance. The reason for dissatisfaction is non-attainment. The reason for contentment is all attainments. All powers, all virtues and knowledge are also included in this. The personality of contentment is visible in the eyes and in the face. A jewel of contentment means a flawless jewel. The sign of happiness - a satisfied soul will always be pleased and specialty will also please others.

So come, Let us be content and always remain pleased and serve to make others pleased..

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	Beyond questions.
SECOND	In one second, from detail to essence.
THIRD	Always worriless
FOURTH	Always full of attainments

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 inculcate purity?

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 contentment?
2. What are the specialties of souls having the personality of contentment?
3. What efforts must be made to adopt the personality of satisfaction?
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. Contentment - 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 go into the questionary of why and what.
2. Will always put a full stop.

❖ **Practice:**

Every hour, for one minute, sing the song “I got what I wanted” in your mind.

❖ **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 pleased.
SECOND	I, the soul, am putting a point to remain situated in the point.
THIRD	I, the soul, am a carefree emperor.
FOURTH	I, the soul, am multimillion times fortunate.

Phone No: (079) 26444415, 26460944

Email: bkyouthwing@gmail.com

Website: www.bkyouth.org