



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

Chart for the month of October 2024:

AIM: Spirituality

A soul with the power of spirituality always gives power to others through its eyes. A spiritual smile makes others also experience happiness. Their behavior, face appear double light like angels. The basis of such spirituality is purity. The more purity there is in the mind, speech, and actions, the more spirituality will be visible. Purity is the adornment of Brahmin life. Purity is the dignity of Brahmin life. We have to check within ourselves that how much spirituality is there in our thoughts and words? Spiritual thoughts fill us with power and also give power to others. Spiritual words make oneself and others experience happiness. They make one experience peace. One spiritual word becomes the basis for other souls to move forward. The one who speaks spiritual words becomes a soul blessed with blessings. Spiritual actions easily make oneself also experience the stage of a karmyogi and also become a sample for making others karmyogis. Purity is the seed of spirituality. When purity is not violated even in dreams, then spirituality will be visible.

So come, let us become devoted to one and by following purity, live in spirituality and make everyone experience spirituality.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	Spiritual thoughts
SECOND	Spiritual speech
THIRD	Spiritual actions
FOURTH	Spiritual relation contact

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 % we have remained in spirituality?

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 Spirituality?
2. What are the disciplines to stay in spirituality?
3. What are the signs of souls endowed with spirituality?
4. Make an action plan to remain in spirituality.

❖ **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. Spirituality - 80%
10. Good night - 10.30 pm

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

1. We will always follow Brahma (Brahmachari) in our thoughts, words and deeds.
2. We will be devoted to the One (ekvrata).

❖ **Practice:**

Every hour, for one minute, we will experience that rays of purity are emanating from Baba and falling on me, the soul, and I, the soul, am becoming full of spirituality.

❖ **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 ancestor.
SECOND	I, the soul, am worshipworthy.
THIRD	I, the soul, am the Confluence Aged angel.
FOURTH	I, the soul, am the lamp of the Brahmin Clan.

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