



Prerna (Inspiration) 4 – a festival of Zeal, Purity, and Spiritual Progress

The national youth festival held in September at the Brahma Kumaris Campus Shantivan, Abu Road, Rajasthan, marks four decades of tireless contribution of the Youth Wing to development of essential values among young people from all walks of life.

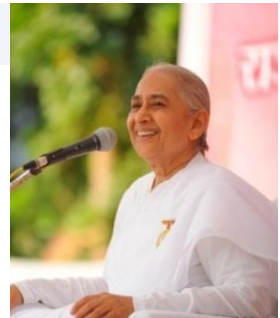
In the quest for spiritual growth, zeal, purity, and spiritual progress are vital elements that support and enhance one another.

Zeal is the driving passion and enthusiasm that energizes our spiritual practices. It keeps us motivated and dedicated but must be balanced with patience and wisdom to avoid burnout or extremism.

Purity refers to the clarity of our intentions and the cleanliness of our actions and thoughts. It's about aligning with higher principles and cultivating virtues while overcoming personal vices. Purity helps create a harmonious environment for spiritual growth.

Spiritual Progress is the journey of personal transformation, moving from ignorance to awareness and interconnectedness. It's marked by a growing sense of peace and purpose, evolving through periods of both rapid growth and challenge.

These three elements are interlinked: zeal fuels our commitment, purity guides our intentions, and progress reflects the successful integration of both. Together, they form a dynamic process that leads us closer to our spiritual essence and fulfillment.



BK Chandrika ben.
Editor, Youth wing
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Vice chairperson,
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Blessings: The Source of the Biggest Earnings?

In Indian culture and religion, blessings are highly valued as essential for achieving happiness, prosperity, and peace. This raises the question: Are blessings the source of the biggest earnings? To explore this, we must consider blessings from several perspectives.

From a **spiritual perspective**, blessings provide spiritual satisfaction and inner peace, which are often deemed more significant than material wealth. Seen as the grace of God, blessings contribute to mental tranquility, prosperity, and spiritual growth. They are typically received through religious rituals, worship, and meditation, all of which invite positive energy and goodwill into one's life.

Examining blessings from a **social perspective**, they often bring respect and prestige, leading to personal satisfaction. The blessings of elders and loved ones play a key role in strengthening relationships within families and communities. Additionally, the presence of blessings can foster a positive and pleasant atmosphere, enhancing the overall happiness of those involved.

From a **psychological perspective**, blessings can significantly impact well-being by boosting self-confidence and providing inspiration. This enables individuals to face challenges with patience and determination. Furthermore, the peace and satisfaction derived from blessings help reduce stress and anxiety, promoting a constructive and positive mindset that can aid in achieving personal and professional goals.

In the **business realm**, blessings are believed to attract positive outcomes and success. They can enhance business relationships and networking opportunities, leading to new prospects. The positive influence of blessings can also drive prosperity and growth, facilitating successful business endeavors.

In conclusion, blessings are indeed a profound source of earning. They often precede material wealth and provide spiritual fulfillment, mental peace, social respect, professional success, and material gain. Ultimately, blessings can be considered the greatest form of earning, as they contribute to a well-rounded and balanced life, laying the foundation for true happiness, peace, and prosperity.

PATIENCE



Make the
best use
of time

Let me sit down with my mind today, talk to it, love it, and accept it as gently as I would a toddler learning to trot. Would a mother scold her child for not running right away instead of trotting? Patience allows me to savor every moment of life. Everyone around me is on their unique journey, progressing at their own pace and in their own time.

Imagine if my parents had been impatient and stopped teaching me just because I held a pencil crookedly or lost my scales and sharpeners at school multiple times. How patient is God? What personal gain does He have in reminding His children about their true selves hundreds of times a day? Does He say, “Go and refer to what I told you last week. Don’t bother me again and again”? Does He ever think, “Why should I explain the same idea to you repeatedly? Can’t you understand it once?”

As I focus on cultivating patience, the question arises: whom should I emulate? How about Mother Earth? I can only imagine the extent of endurance and patience she must exhibit. If I were in her place, I might have reacted by angrily confronting those who overused fields and deforested lands, leaving wildlife to struggle on highways. Yet, despite the extreme suffering she endures, she continues to give silently.

Patience is not merely enduring as a favor; it is a virtue that springs from within. I need to reflect patience in my actions and not let it become dormant due to lack of use.

To measure where we stand on the scale of patience, let’s take a mock test:

- Stand in a long queue at the mall or bank counter and observe the thoughts that arise while waiting for the cashier to handle transactions.
- Notice the thoughts that come up when a large file is not downloading because of buffering internet.
- Navigate through a crowded local train and observe your feelings when a mother with a wailing child blocks the doorway just as your station arrives.

There are undoubtedly many more situations that might test your patience. Feel free to explore and reflect on these moments as you work on developing your own patience.

Time is a precious resource, and making the best use of it is essential for a fulfilling and successful life. Developing the habit of wasting time—through excessive television watching, endless YouTube videos, or scrolling through social media reels—can detract from your productivity and growth. Instead of dwelling on past mistakes, focus on correcting yourself and making the most of the present. This approach will naturally lead to a brighter future.

Effectively using time requires firm self-control and conviction. Commitment is crucial, as you will face challenges in various aspects of life, including psychological, financial, familial, and personal tasks. Determination to overcome these challenges is key. Achieving this involves both psychological and behavioral transformation. Meditation can aid in these processes by facilitating changes in thought patterns, as thoughts and feelings are the seeds of habits and behaviors.

Cultivating good habits, engaging in healthy practices, and nurturing positive feelings can lead to sound behavior and overall harmony in life. Adopting healthy habits, consuming pure food, and pursuing constructive hobbies can significantly transform your life. Incremental, positive changes made consistently over time can lead to significant improvements.

Preparing for future emergencies and urgent situations is critical. You need to be ready financially, physically, and psychologically. By addressing present challenges and evolving with global situations, you enhance your chances of success. High objectives and clear goals drive your energy and dedication. Conversely, setting low objectives can result in diminished effort and potential failure. With divine guidance and support, strive to make yourself exceptional, powerful, and successful.

Addressing the psychological reasons for procrastination is also vital. Avoid letting procrastination undermine your efforts and progress.



Rising Fear, Phobia, and Stress: Causes and Solutions

Fear, phobia, and stress are increasing globally, with the pandemic exacerbating these issues. The sources of growing fear are varied, including traumatic experiences related to loneliness, infections, economic hardship, job-related problems, and relationship issues. These factors contribute significantly to anxiety and fear. The combination of loneliness, frightening dreams, sleepless nights, and distressing situations only intensifies the problem. As stress, phobia, and isolation rise, societal trust declines, leading to various mental health issues and, in some cases, suicidal tendencies.

The rise in global calamities, wars, terrorism, and political instability has led to media content that can amplify fear and uncertainty. This relentless exposure contributes to a growing sense of dread about the future.

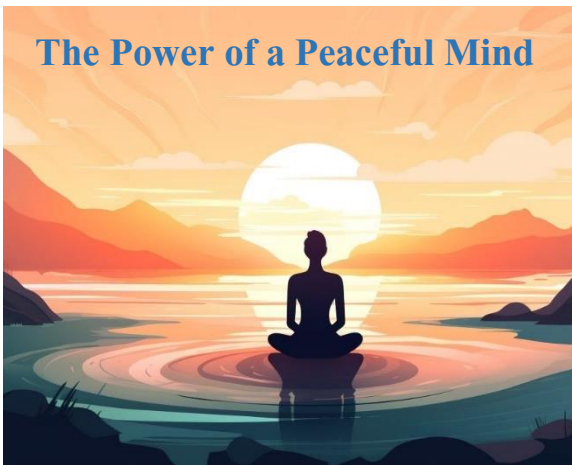
Addressing these issues requires proactive solutions. Spirituality, meditation, and healthy habits offer powerful remedies for mitigating fear and anxiety. Embracing these practices can foster resilience and mental well-being. To support the younger generation, we should promote daily observances of courage, fearlessness, and determination.

Some statistics from the US illustrate the prevalence of fear and phobia:

- Unusual phobias include fears of garlic, long words, and stars.
- Approximately 8.7% of the US population experiences specific phobias.
- About 30% of Britons are anxious about social interactions post-lockdown.
- Between 33% and 40% of the general population experience anxiety related to flying.
- Fear of failure affects around 33% of Americans.
- Public speaking is feared by 77% of Americans.
- Over 75% of adults suffer from dental anxiety.

Reference: <https://loudcloudhealth.com/resources/phobia-statistics>

The Power of a Peaceful Mind



Often, when we encounter challenges or tough situations, our initial reaction is to respond with worry or negative thoughts. This internal turmoil can make it seem like we're addressing the issue, but in reality, it hinders our ability to effectively manage the situation, leading to frequent setbacks. The key to overcoming obstacles lies in first finding inner calm. It is only with a serene mind that we can uncover the solutions we seek. It's important to remember that every challenge carries with it a solution. By maintaining tranquility, we enable ourselves to tap into our intuition and discover the answers that are waiting to be found.

Courtesy: www.brahmakumaris.org

Youth Services

To inspire, to empower, to realise, to rededicate, to meet, to share, to break all bondages like addictions, bad habits and blind faith, to spread the message of brotherhood by developing spiritual consciousness.







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1. Jaipur, Vaishali Nagar: BK Gita, BK Komal, BK Ekta inviting Shri Rajyavarshan Singh Rathore, Cabinet Minister - Industry & Commerce, Youth Affairs & Sports Department in the Government of Rajasthan for National Youth Festival Prerna 4. 2. Jaipur, Vaishali Nagar: BK Gita, BK Jitendra, BK Virendra inviting Shri Bhawani Singh, Principle Secretary – Rajasthan Youth Board, Jaipur for National Youth Festival Prerna 4. 3. Delhi, Mahipalpur: BK Ansuyaben, BK Rohitbhai, BK Vidhatri, BK Hussain inviting Dr Shri Mansukh Mandaviya, Minister of Youth Affairs and Sports, Govt of India for National Youth Festival Prerna 4.

4. Kolkata, Museum: International Youth Day, BK Chandra, Senior Rajyoga teacher, BK Kanan, Centre Incharge, BK Virendra, former DGP & Chief Commissioner of State Information in “IMPACTS program”. 5. Bhopal: International Youth Day, Dr Rajiv Agarwal, Industrialist; Ms Sharbani Benarji, Senior Journalist; Shri Amitabh Soni; Shri Sunil Sahu; Shri Sohan Dixit; BK Nimit, Dr Shrinath Agarwal, BK Manju, BK Dr Rina in “IMPACTS program”. 6. Neelbad (MP): International Youth Day, BK Dr Devyani & BK Poonam taking pledge after “Positive Thinking and De-addiction”. 7. Mandla (MP): International Youth Day, BK Mamta, BK Omlatta after “Youth Empowerment through Positive Actions” session. 8. Chatarpur, Lavkush Nagar (MP): International Youth Day, BK Sulekha with School Children after “Youth Empowerment through Positive Actions”. 9. Gwalior (MP): International Youth Day, BK Prahladbhai, Committee Member-Youth Wing; BK Adarsh, Centre Incharge; Shri Ankit Sharma, Social Worker address on “Youth Empowerment through Positive Actions” session. 10. Panipat, Gyan Mansarovar Retreat Centre: International Youth Day, BK Bharat Bhushan, Director GMRC; BK Jyoti, BK Suman, Smt Komal Saini, Shri Rambhuj Saini, Sr Advocate address on “Rashtra Ki Shan-Yuva” session. 11. Panipat, Gyan Mansarovar Retreat Centre: International Youth Day, Youth participants in “Rashtra Ki Shan-Yuva” session. 12. Amreli (Guj): International Youth Day, BK Gita, Committee Member-Youth Wing; Shri Pandya Sir, DDO Amreli; Shri Manish Sanghani address on “Youth Empowerment through Positive Actions” session. 13. Ajmer: International Youth Day, BK Rupa; Hitesh Asnani; Dr Ashish, Advocate Naman Jain in “IMPACTS” session. 14. Ajmer: International Youth Day, Youth participating in “IMPACTS” session. 15. Hoshangabad (MP): International Youth Day, Shri Deepak Mahla; Shri Vikas Naroliya; Shri Hansraj; Shri Mahendra Yadav & BK sisters during the candle lighting for “IMPACTS”. 16. Delhi, ORC: International Youth Day, Dr Meet (BMT Marengo Asia Hospital); Sister Gunjan, Environmental Lawyer; BK Falguni, Senior Rajyoga Teacher, Respected Chidambar, Seh Mahanagar Karyevah (RSS) in “IMPACTS”. 17. Suratgarh (Raj): International Youth Day, Group photo with BK Rani; Shri Shrikantbhai, Bank Manager; Shri Stallin in “IMPACTS” session. 18. Indore, Kalani Nagar: International Youth Day, BK Gita (Core Committee Member Youth Wing), BK Chhaya (Core Committee Member Youth Wing), Shri Sandeep Dube, Shri Pradeep Bhavsar, BK Meetu (Core Committee Member Youth Wing), BK Jayanti (Centre Incharge), BK Sujada in “IMPACTS”. 19. Ahmedabad, Satellite: International Youth Day, Youth participating in “IMPACTS”. 20. Ahmedabad, Satellite: International Youth Day, Candle lighting for “IMPACTS” with BK Chandrika, Vice Chairperson Youth Wing; BK Kruti, National Coordinator Youth Wing; BK Jyoti, Youth Wing Committee Member; Dr Jayesh Parkar, TV9 Associate Editor; Ms Dhara Tapodhan, Writer & Anchor, BK Ashok. 21. Umreth (Guj): International Youth Day, Candle lighting for “IMPACTS” with BK Ritu Thakkar, Motivational Speaker; BK Neeta, Centre Incharge. 22. Umreth (Guj): International Youth Day, Youth participating in “IMPACTS”. 23. Singrauli (MP): International Youth Day, group photo with Shri Shivkumar, Additional SP; BK Rekha, Youth Wing Bhopal Zone Incharge; BK Shobha, Centre Incharge; Shri Rajendra Singh, President-Yuva Morcha; Shri Ramkumar Gupta; Shri Mohan Singh; BK Lila; BK Manju; BK Savita; BK Pinki; in “IMPACTS”.

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