



## YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

### POINTS FOR SELF PROGRESS

#### FOR THE MONTH OF NOVEMBER 2024

#### Chart for the month of november 2024:

#### AIM: Become full of all treasures

Baba has made each child complete with all treasures. The sign of those who are complete is that they are always seen as embodiments of attainment, satisfied souls. They will always appear happy. These imperishable treasures are attained now and will remain with us in many future births. Baba has made all of us experience liberation and jeevanmukti through the treasure of knowledge. While living, Baba made us free from the tamoguni atmosphere and vibrations, like lotus flowers free from sorrow, worries and peacelessness. He made us free from the bondages of evil while living. He taught us how to accumulate all powers through the treasure of yoga. He gave us the treasure of all virtues through the treasure of dharna. He made us attain spiritual happiness through service. He filled us with the treasure of blessings through relationships and connections.

So come, let us fill ourselves with these imperishable treasures in this auspicious Purushottam Confluence Age and enable all souls to attain them too.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	To accumulate the treasure of liberation and liberation in life through knowledge.
SECOND	To accumulate the treasure of all powers through Yoga.
THIRD	To accumulate the treasure of all virtues through Dharna.
FOURTH	To accumulate the treasure of blessings through service and relationships.

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. By what method will you deposit all the treasures?
2. Why should all the treasures be deposited?
3. Make a list of the receipts of all the deposited treasures.
4. Make an action plan for depositing all the treasures.

❖ **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. Collected all the treasures - 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 be free from useless and negative thoughts.
2. We will always be in self-contemplation and God's contemplation.

❖ **Practice:**

Every hour, for one minute, we have to experience all the treasures within ourselves and give blessings to all..

❖ **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 am a knowledgeable soul.
SECOND	I am a yogi soul.
THIRD	I, the soul, am the embodiment of inculcation.
FOURTH	I, the soul, am filled with everyone's blessings.

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