



In the relentless hustle of modern life, where the demands of our careers often clash with personal aspirations, many of us find ourselves grappling with stress, uncertainty, and burnout. The need to reconnect with our inner selves and find a sense of balance has never been more crucial.

This is where the **National Youth Retreat** by the Youth Wing of Brahma Kumaris themed **"Strengthen Your Spiritual Roots,"** offers a transformative experience for young professionals. Through **Rajyoga Meditation**, participants will learn to integrate spirituality into daily life, manage stress, and build resilience.

The key objectives of the retreat are:

- To introduce the rich cultural and spiritual heritage of India to the youth, offering them practical methods for better living.
- To empower youth with the tools of spirituality, enabling them to face personal and professional challenges with grace and clarity.



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Set amidst the serene surroundings of **Gyan Sarovar**, Mount Abu, Rajasthan, the retreat will be held from **5th to 9th June 2025**, and is open to youth professionals from across India.

This retreat is more than just a break from daily life—it is a chance to rediscover your inner strength, cultivate peace, and learn to lead a life of balance and purpose. We encourage you to check with your nearest **Brahma Kumaris Centre** for more details and to register for what promises to be an enriching and transformative experience.

Take the first step towards strengthening your spiritual roots and join us on this journey of personal growth and empowerment.



## Navigating Life

We're living in a world that's moving at breakneck speed. Social media, 24/7 news cycles, and the constant pressure to perform can leave us feeling overwhelmed and lost. But what if we told you there's a way to cut through the noise and find your footing? It all starts with three simple yet powerful principles: *Be Clear, Be Careful, and Be Cheerful.*

Imagine you're behind the wheel of a car, cruising down a busy highway. To reach your destination safely and in one piece, you need to know where you're going, stay focused on the road, and avoid distractions. It's the same with life. When you're clear about your goals, careful with your choices, and cheerful in the face of challenges, you're more likely to stay on track and find joy in the journey.

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# The Benefits of Watching Reels

Watching reels can serve as a mirror to your heart, attitude, and hidden feelings. When you observe the types of reels that repeatedly appear before you, take a moment to reflect. According to the nature of our mind, the same kinds of content tend to surface repeatedly, even when we don't consciously seek them.

Pay attention to which topics capture your interest. Is it lust, anger, greed, attachment, ego, films, TV shows, accidents, natural disasters, comedy, domestic quarrels, relationship struggles, household tips, health advice, motivational content, religious themes, spirituality, or meditation?

From a psychological standpoint, the type of content you are drawn to, or even the advertisements that pop up, reflect your current subconscious nature. Our consciousness naturally attracts the external world. As we think, so we experience. The world around us is obedient to our inner state. Metaphysics teaches that the outer world cannot exist unless it exists within our minds.

To purify the mind, you can offer each thought and experience to God in a systematic way. This act of surrender should be done without ego or shame. By doing so, the nature of your mind will be cleansed by God. As your heart becomes purified, you will begin to experience a deeper sense of inner joy. Your attraction to reels and social media will naturally diminish over time.

To capture every thought and feeling and offer it to God, practicing Raja Yoga meditation is essential. Through this practice, social media addiction can transform into a tool for self-cleansing and self-improvement. Remember, honesty with God is the best policy.

- Vibhor

# Living in This Negative World

In this Kaliyuga (Iron Age), both people and nature have become weak. Despite our efforts to cultivate a beautiful inner world and maintain positivity in our words and actions, we still encounter challenges in our interactions with others. These issues often arise from differences in thought processes or conflicting goals and desires. Such differences are inevitable, and learning to navigate them is essential for inner peace.

Understanding that conflicts and challenges are part of life allows us to shift our focus towards self-improvement. I use my own virtues and qualities to manage these situations, constantly checking my thoughts and actions. However, this self-awareness often brings about two challenges:

1. **Creation of guilt when deviating from positivity** – Sometimes, despite our best intentions, we may react negatively or fail to uphold our highest values. This can lead to feelings of guilt, causing us to question our ability to stay on the right path.
2. **Overthinking about difficult situations or seeking external saviours** – We might get trapped in a cycle of overanalysing conflicts, worrying about the people involved, or waiting for someone else to resolve the issue for us. This mental burden drains our energy and prevents us from focusing on productive solutions.

The best approach to dealing with diverse thought processes is to increase our sweetness. This means accepting that others come from different backgrounds, and instead of resisting their perspectives, we can learn to understand them. By doing so, we foster an environment of mutual respect and cooperation, allowing us to problem-solve and coexist harmoniously.

However, there are times when expectations exceed our personal boundaries or when time constraints make patience and diplomacy unfeasible. In such situations, stronger measures become necessary. This may involve setting clear limits, firmly communicating our stance, or even distancing ourselves from toxic influences. The key is to find a balance between maintaining inner peace and addressing external challenges effectively.

Living in this negative world requires a deep sense of self-awareness, resilience, and adaptability. By nurturing inner strength, accepting diverse perspectives, and knowing when to set boundaries, we can navigate through them is the challenges of Kaliyuga with wisdom and grace.

- Neeti Kumar

**Clarity** is the foundation of a well-lived life. It's about knowing what you want, setting boundaries, and communicating effectively. But in today's world, finding clarity can be tough. Social media, societal expectations, and the constant noise of the world can cloud our judgment and derail our intentions. That's why it's essential to take a step back, reflect on what matters, and realign your actions with your deeper purpose.

Clear communication is also crucial. When you're precise in what you say and do, you avoid misunderstandings and conflicts. It's like signalling a turn while driving – it keeps you and others safe.

Once you're clear about your direction, **caution** becomes your safety net. Being careful isn't about being fearful or paralyzed; it's about being aware of your surroundings and making informed choices. In today's digital landscape, being careful means verifying information before sharing it, limiting screen time, and curating your online environment to avoid triggers.

Self-care is also essential. When you take care of your physical, emotional, and mental well-being, you're better equipped to handle life's challenges. It's like slowing down in a storm – you're giving yourself the space to reflect, recharge, and stay focused.

Finally, there's **cheerfulness** – the spark that keeps us going. When you choose to focus on the positive, even in the face of adversity, you're more likely to find joy and fulfilment. Cheerfulness isn't about ignoring reality; it's about reframing your mindset and choosing to see the good in every situation.

In today's world, maintaining cheerfulness can be tough. But when you combine it with clarity and caution, you get a powerful trifecta that helps you stay on track and find happiness in the journey.

So, how can you apply these principles to your life? It starts with taking small steps towards clarity, caution, and cheerfulness. Set a clear goal, be careful in your execution, and stay cheerful along the way. Celebrate your small wins, enjoy the process, and trust that you'll arrive at your destination in one piece.

By adopting these three guiding principles, you'll be better equipped to navigate life's chaos and find joy in the journey.



## Tribute to Dr. Shiba Prasad Parhi (18.03.74 – 11.02.25)

With heavy hearts, we honor the life of Dr. Shiba Prasad Parhi, a brilliant scholar, educator, and spiritual guide. His unwavering commitment to knowledge, humility, and service touched countless lives. Dr. Parhi's contributions to academia, especially in Finance and Behavioral Science, and his spiritual devotion to the Brahma Kumaris, left a lasting impact on all who knew him. His resilience, wisdom, and kindness will forever inspire us.

Dr. Parhi, also known as Brahma Kumar Shiba Prasad, was a fervent writer who contributed his insightful articles since the inception of the Youth Wing e-Newsletter. His dedication to sharing knowledge and wisdom has been a beacon for many, offering guidance and fostering personal and intellectual growth.

With all his remarkable qualities, Shiba Bhai's soul has now reached its final destination. He stands as an embodiment of virtues and principles he graciously lived by. As we remember him, we should not feel sorrow, but instead draw inspiration from the values he instilled in us—values we, too, strive to uphold in our daily lives.

We send our heartfelt good wishes to this enlightened and virtuous soul, who completed his journey with courage and grace. Bravo to the soul brother who played the role of Shiba Bhai! May his legacy continue to inspire and guide us. May his soul rest in peace.



# 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.*



**1. Mandla (MP):** BK Mamta, BK Omlatta, Shri Ranu Rajput (BJP District President), Shri Saurabh Tiwari (Director Orchid School), Dr Ankit Chourasiya (Child Specialist), Shri Gaurav Yadav (Manager Katra Hospital & youth participating in National Youth Day Celebration on the theme of "Spiritual Health". **2. Pune, Dhankawadi (Mah):** Program for VITT college NCC SW&D students on cleanliness awareness, meditation organized on National Youth Day.



**3. Vadodara Atladra (Guj):** BK Arunadidi and team organised "Explore Your Purpose" through IMPACTS 2.0 program on National Youth Day. Guest participants Dr Meghna Joshi (Prof at Sumandeep Hospital), Ms Priti Shrimal (Principal Bilabong School), Shri Dinesh Shirmalve (HR Manager TV Williams Pvt Ltd.), Shri Dhawal Patel (Health and Safety Inspector), Dr Pooja Joshi, Ms Sunita Kambhar, Shri Maulik Patel and others. **4. Delhi Harinagar:**



On National Youth Day, participants seen for "Youth Empowerment for healthy and Happy life" sessions. **5. Delhi Harinagar:** On National Youth Day, "Youth Empowerment for healthy and Happy life" sessions conducted by BK Captain Shiv Singh (Addl Director DRDO), BK Monika Gupta (Speaker), Dr Smt Pankaj Mittal (Chief Guest from AIU), Shri Anup Mittal, BK Dr Vipin, BK Nilan and others. **6. Ahmedabad Lotus House (Guj):** On National Youth Day, session on "Mental and Spiritual Health" was conducted by BK Bharti. **7. Amreli (Guj):** On National Youth Day, session on "Spiritual Health".



BK Gita (Bhinmal), BK Gita (Amreli), Shri Vijay Bose (Principal Jawahar Navodaya Vidyalaya), Dr Mili (President Innerwheel Club), Shri Kadachha Ji (Deputy Engineer PGVSL) and others present for the occasion. **8. Amreli (Guj):** On National Youth Day, session on "Skill Development" conducted for participants of BCA, BSc Students of Patel Sankul by BK Gita (Bhinmal). **9. Amreli (Guj):** BK Gita (Bhinmal) speaking on the occasion of National Youth Day on "Skill Development" at Patel Sankul for BCA, B Sc students. **10. Suratgarh (Raj):** On National Youth Day, session on "Spiritual Health".



BK Rani, Ms Archana Sharma (Vice Principal), Shri Ramesh Asvani, BK Vinod Goyal, BK Pushpa, BK Saumya & youth participants. **11. Amreli (Guj):** On National Youth Day, session on "Spiritual Health". Youth Participants present on the occasion. **12. Belgaum:** National Youth Day Celebrated at Bhartesh Homeopathy Medical College, Belgavi, Bk Anuradha, BK Dr Sangita, Dr Shrikant Pangli, BK Shrikant, Dr Shrikant Kokani, Dr Milind Kulkarni, Dr Anand Hosur, Dr Basavraj, Dr Yogesh Dravid were present.



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