

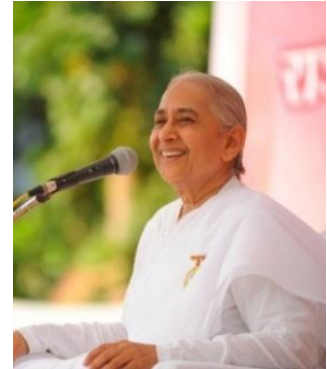


Discovering the Power of Self-Respect

Who am I, and whose am I? This pure awareness must always remain unshaken. Too often, our feelings for ourselves weaken—we blame fate, situations, or the drama of life. Even small complaints cloud the soul, leaving us restless and incomplete.

The truth is, until I am at peace with myself, how can I bring happiness to others? Self-disturbance blocks the flow of joy we wish to share. The solution lies within: reclaim self-pride, not as arrogance, but as recognition of one's unique worth.

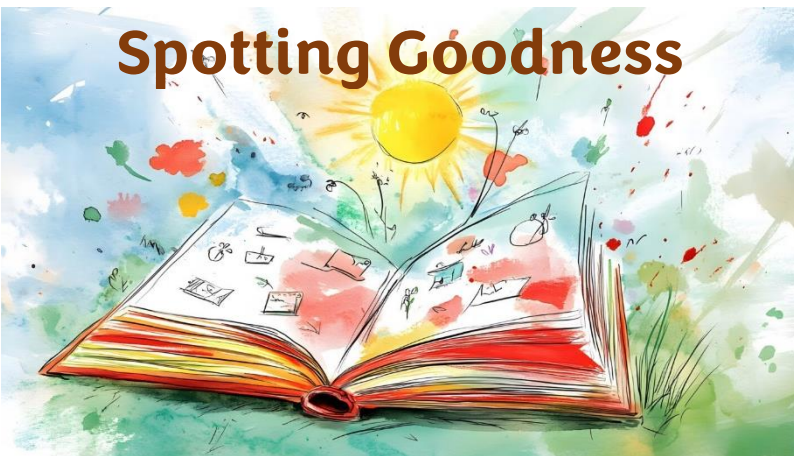
Each of us is a special soul, gifted with individuality and purpose. When we learn to be satisfied with who we are, we radiate positivity, uplift others, and live life with dignity and fulfillment.



BK Chandrika ben.

Editor, Youth wing Newsletter,
chairperson, Youth Wing, RERF.

Spotting Goodness



When I become excessively critical towards others, it means I am going in the wrong direction. We are usually very good at spotting mistakes, but we should develop the quality of also spotting goodness.

If I can see what is good in others or in situations and go beyond the curtain of negativity, I feel good about myself. If I constantly think "he is wrong", I instead create a barrier which blocks me from reaching my own goodness.

Choose a day as your day of simplicity. Speak little, and listen with attention. Do something incognito and nice for a person you are close to. Eat simple and natural food. Create time periods for not doing anything – just walk, look around, live the moment. Have your mind open to a more profound and silent sensitivity. Appreciate each scene and each person as they are.

Courtesy: www.thoughtfortoday.org.uk

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What do Gen Z Teach Us About Spirituality?

Gen Z — those born roughly between 1997 and 2012 — live in ways that, interestingly, echo deep spiritual principles. Here's what we can learn from them:

1. Everyone's a Bro

For Gen Z, "Bro" isn't about gender — it's about connection. Spiritually too, we're all souls in different bodies, children of one Father, God. In that sense, we truly are brothers.

2. Balance is Everything

They work hard, play hard, and value well-being as much as success. Spiritually, balance also matters — blending study and meditation with care for the mind, body, and joy in life.

3. Focus Brings Results

Give Gen Z a task, and they dive in with focus to deliver quality. In spirituality, the same applies — meditation, prayer, or study work best when we block distractions and give full attention to discovering the self.

4. Adapt to Thrive

They quickly embrace new tech because they know adaptability ensures survival. Spiritually, too, we can't always change others or situations, but we can adapt our responses to stay strong and peaceful.

5. Letting Go Means Growing

Gen Z often change jobs every few years to seek growth. Spiritually, growth also comes from moving on — releasing wasteful, negative thoughts. Holding on keeps us stuck; letting go sets us free.

The takeaway?

The next generation isn't just shaping the future — they're also offering timeless lessons in living, learning, and growing.

From Lost Cheese to Inner Peace

Staying steady when life plays hide-and-seek with our plans

Picture this: you've saved the last slice of cheesecake. You open the fridge—and it's gone. First comes anger, then sulking, then realization: life doesn't always keep things where we left them.

That's the heart of Spencer Johnson's *Who Moved My Cheese?* The "cheese" is what we long for—success, love, stability, peace. The "maze" is our unpredictable world. When the cheese moves, how do we respond?

Four Ways to React

The story's four characters mirror us:

- *Sniff* notices change early.
- *Scurry* acts fast, without overthinking.
- *Hem* denies change, staying stuck.
- *Haw* hesitates, then adapts and grows.

In real life, Sniff is the student learning new skills before change hits. Scurry adjusts quickly. Hem clings to "how things were." Haw laughs, learns late, but grows stronger.

Emotional Stability: Our Real Cheese

Life's maze moments—friendships fading, plans failing, exams going wrong, or pandemics striking—can shake us. The outer cheese will move, but inner cheese—our emotional balance—keeps us grounded.

Preparedness means training the mind to say: *"This wasn't expected, but I can handle it."*

The Playbook

1. Be Sniff: notice early signs.
2. Be Scurry: take small steps.
3. Don't be Hem: the past won't return.
4. Be Haw: laugh, learn, adapt.
5. Stock inner cheese: mindfulness, gratitude, journaling.

Final Slice

Life's cheese will keep moving—exams, jobs, even relationships. But inner calm is ours to carry. When we stay resilient and adaptable, every turn in the maze can lead to better cheese.

Write to God



Letter writing to God is a creative way to express thoughts, feelings, and prayers. It helps us connect personally with the Divine, bringing clarity, strength, and peace.

Who writes? Not the body or role, but *I the soul* — a point of eternal light — writing with the hand, expressing the feelings of the heart while playing different roles in life.

Why write to God? Because He is the Ocean of Love, Peace, and Knowledge. He never judges. He is Father, Teacher, Guide, Coach, and Purifier. As His child, I share with Him my joys, struggles, and lessons. Just as an actor needs direction or a player needs a coach, I need His guidance to play my part on the world stage.

Purpose of writing: to surrender sorrows and successes, seek guidance, release past burdens, confess honestly, and build faith. Writing to God helps us forgive, forget, and rediscover our inner strength.

Benefits: It provides emotional relief, strengthens our bond with God, improves mindfulness, encourages reflection, and protects us from ego. By giving our desires, fears, and achievements to God, the mind becomes free and powerful.

How to write: Begin with “Dear Father” or any chosen relation. Write honestly about joys, struggles, or distractions. End with love and gratitude. The act itself cleanses the heart.

Letter vs. Meditation: Meditation is silent dialogue; letter writing is written dialogue. Both calm the mind, reduce stress, and deepen spiritual connection. Writing to God is meditation in written form—simple, powerful, and transformative.

Magic Carpet



Life experiences are like sentences – we are always looking for the full stop, the conclusion. It’s OK to end a train of thought, but not thought itself. Thoughts are the beginning of our creation and are here to be creative. Thoughts are like the magic carpet on which the soul rides across eternity – in reality, there are no endings, no conclusions. Rest for the spirit (which is what we are) is when we allow only the current of the purest thoughts to flow through our mind – thoughts which carry good wishes and blessings for ourselves and others. This is not so much going with the flow, as being in the flow, and being refreshed by the flow. It is how we refresh ourselves. For when we have powerful, positive thoughts for and about others, who experiences them first?

enthusiasm



“A caged bird may have the power to fly but cannot spread its wings. Enthusiasm is the freedom of a bird released. When I cultivate inner freedom and savor its joy, I can sustain my enthusiasm even when things go wrong. Enthusiasm is freedom. It gives me the courage to rise above difficulties and see possibilities where others see obstacles. It keeps me light, creative, and hopeful, even in challenging situations. With enthusiasm, I don’t just move forward — I soar.”

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. Mumbai-Dombivli: On World Youth Skills Day, the centre conducted the program "Rising With Resilience" in six colleges. Youth participants seen in the photo. BK Shaku Didi and others guided them. **2. Keshod:** Youth participating in the session "Internet to Inner-Net." Dr. Snehal Tanna (President - Rotary), Shri Vivek Kotadiya (Member - Nagar Palika), Smt. Sonal Sodha (President - Lohana Mahila Mandal), Shri Vishal Solanki (President - Hindu Yuva Sangathan), BK Alpa, and BK Rupa (Centre Incharge) guided the participants. **3. Jalgaon:** On International Youth Day, BK Urmila Didi (Centre Incharge) guided youth. District Centre Chief Shri Bhagat Sir, Municipal Councilor Mudekar Madam, and Jayashree Didi were present as guests. **4. Amreli:** BK Swaminathan conducting a session on "Concentration, the Gift of Meditation" at Amreli College. **5. Gandhinagar:** College students attending BK E. V. Girish's lecture at Institute of Advance Research, Urjanagar. **6. Panipat:** On International Youth Day, a program on "Challenges and Solutions of Youth Life" was organised. Brother Rakesh Tayal (Vice Chairperson, PIET College, Samalkha), Rajyogini Sarla Didi, Brother Bharat Bhushan, and BK Sunita guided the youth. **7. Bharuch:** Youth participants attending the program "Rising with Resilience" organised on the occasion of World Youth Skills Day. **8. Pune:** 'Utsav' youth program guided by BK Shri Suyash Jadhav (Para-swimmer and International medal winner), Shri Mohinder Singh (International shooting player), Professor Avinash Patil (Sinhgad College - NSS Unit), BK Sheetal, BK Shradha, and BK Sweta. Over 100 youth participated. **9. Rajkot (Rajnagar):** Youth participating in the service project "Nayi Umang Nayi Tarang." BK Rita, BK Ketan, BK Parag, and BK Jitendra guided the participants. **10. Ambala:** Youth participants attending the program "Rising with Resilience" organised on World Youth Skills Day. BK Shaili Didi, BK Rakesh Mehta, BK Asha Didi, BK Sunil, and BK Priti guided the participants.

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