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"Lighting the Path to a Drug-Free Future"

As we step into the festive months of November and December, filled with the radiance of Diwali, the spirit of Guru Nanak Jayanti, and the joy of Christmas, the Youth Wing is delighted to share the success of our nationwide campaign, **"Drug-Free Youth – Developed India."**

With over 600 events organized across the country, young people pledged to lead healthy, addiction-free lives and to contribute to building a self-reliant India by 2047. Inspiring talks, cultural performances, and collective Rajyoga practice **ignited** the flame of determination in young hearts.

Just as festivals celebrate the triumph of light over darkness, this campaign illuminated minds against the shadows of addiction. We thank every service centre and volunteer for their tireless efforts and look forward to sustaining this spirit of transformation.



Significance of Santa Claus in Christmas

Santa Claus is always shown coming down from a pitch-dark chimney, depicting that God comes at the end of Kaliyuga when there is complete darkness of ignorance and irreligiousness in the world.

Further, the red clothes of Santa Claus signify the fact that God comes from the Soul World (Nirvandham/ Paramdham), the highest metaphysical world of Golden Red Light, which is far above the elemental world.

Santa Claus is always shown old, showing that God takes the old body-chariot of Prajapita Brahma as the instrument for serving the human souls.

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Inside



The Power of Spirituality

Life often brings moments that test not just the body, but the spirit. My prolonged mysterious illness was one such turning point, a period that stretched my patience, faith, and inner strength. Yet, within this challenge, I discovered the profound power of spirituality, not merely as a belief or ritual, but as a living force that uplifts, strengthens, and heals from within.

Three Deeper Lessons That Transformed Me

1. The True Experience of Being a Soul

This illness helped me truly grasp what it means to be a

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Building a Golden Future

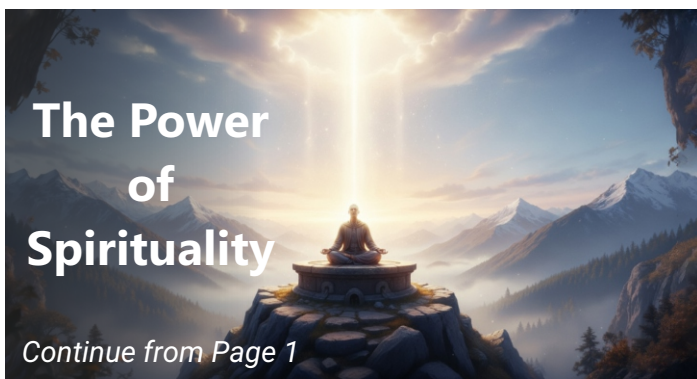
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soul — the master of my thoughts, intellect, and sanskars.

Earlier, when negative thoughts arose, they would often multiply and pull me down. Now, I remind myself: *I am not my thoughts; I am their master*. I can choose higher, purer thoughts. For example, if a critical thought about someone surfaces, I consciously replace it with a blessing, knowing that each soul is on its own journey and responsible for its own karma.

As the master of my intellect, I learned to stay constructively engaged even when my body felt weak. During fever or fatigue, when I couldn't work, I would listen to *Gita shlokas*. Their vibrations filled me with calm strength. And as soon as I recovered, I would return to work with renewed enthusiasm, no longer feeling helpless or stuck.

As the owner of my sanskars, I realized that even ingrained patterns could be transformed. By gently reminding myself, I began to change small habits and postures, each shift bringing a quiet sense of empowerment.

2. Facing Uncertainty with Faith

This illness was full of unknowns, inconclusive medical reports, extended treatments, and the fear of side effects or even job loss due to prolonged leave. Yet amid all this, my courage came from seeing Shiv Baba (the Supreme Soul) as my constant companion.

In meditation, I often visualized His hand holding mine, steady, reassuring, and full of love. That image gave me deep security and peace. I reminded myself that pain belongs only to the body, the soul is eternal, untouched, and free.

Even the awareness of time, that we are in *Kaliyug*, the age of sorrow, soon to be followed by *Satyug*, the age of truth and peace, brought comfort. It reminded me that every scene in the world drama, however difficult, is temporary and beneficial in its own way.

3. Rising Above Pain Through Spiritual Focus

Meditation became my true medicine. Whenever I faced painful injections or procedures, I consciously shifted my focus away from the body and toward “*seva*”, sending peaceful vibrations to nature and to others who might be in pain.

In today's world, youth are the builders of tomorrow, possessing intelligence, creativity, and energy to shape a better future. Yet amid rapid advances in science, technology, and social media, they face a silent inner crisis of peace, purpose, and self-understanding. In this context, the spiritual education of the Brahma Kumaris is highly relevant.

Modern youth live in a world of constant comparison and competition, often running fast without a clear direction. The pressure to perform and succeed frequently steals inner happiness. Despite material comfort, many feel emotionally empty and mentally restless, showing that intellectual education alone is not enough; youth also need spiritual education to strengthen the inner self.

The Brahma Kumaris World Spiritual University offers a unique education based on Raja Yoga meditation and values-based living. It helps individuals discover their true identity: a peaceful, pure, and powerful soul. Connecting with the inner self and the Supreme Soul brings peace, clarity, and confidence.

This education is not about rituals or religion but about self-awareness, self-control, and self-respect. True change begins within; when the mind is calm, the world appears beautiful.

Brahma Kumaris knowledge emphasizes eternal values such as purity, honesty, patience, humility, respect, cooperation, and compassion. These values make youth morally strong and prepare them to lead society with wisdom and integrity. A spiritually educated youth becomes confident yet humble, modern yet moral, ambitious yet peaceful, powerful yet compassionate, a balanced personality that today's world truly needs.

Success is measured not only by wealth or position but also by inner stability and happiness. Brahma Kumaris meditation teaches youth to remain peaceful amid challenges, see problems as opportunities, and face failures with courage. A calm, focused mind fosters creativity and naturally improves performance. Spiritual education thus becomes the foundation for true success.

The Brahma Kumaris envision a Golden World filled with purity, love, and harmony. Youth are the golden hands to make this dream a reality. By adopting spiritual principles in thought, word, and action, they become living examples of light and positivity, torchbearers of peace and goodness in society.

Spiritual knowledge does not withdraw youth from the world; it teaches them to live better within it, balancing outer duties with inner peace. In an age of material progress, spiritual growth is the missing key.

If today's youth embrace spiritual wisdom, they will achieve success while spreading serenity, truth, and values that guide humanity toward a brighter tomorrow. Let every youth remember: “Education makes you capable, but spirituality makes you complete.”

The Diamond Soul:

Polishing the Self for

Spiritual Brilliance



Every soul begins as a diamond, inherently valuable, yet often hidden in a raw, rough form. Just as a raw diamond holds little value until it is transformed, the soul too requires a process of cutting and polishing to reveal its true, dazzling worth. This journey of spiritual awakening is the ultimate artistry, turning a dusty exterior into an invaluable, elevated being.

The true value of a diamond is unlocked when it is carefully cut and polished. This labour mirrors the spiritual work of the soul. In this analogy, the soul is the diamond, and the refining tools are knowledge, virtues, and Rajyoga.

Knowledge is the cut. Spiritual wisdom, genuine self-awareness, acts like the precise cutting of a gem. It removes unnecessary rough edges, creating the perfect facets that allow light to enter, bend, and reflect.

Virtues are the polish. Developing qualities such as love, compassion, and humility smooths the surface, removing the dust and blemishes of negative habits. This makes the soul's surface clear and radiant.

Yoga is the power. The practice of connecting with the Divine provides the steady, powerful energy required for this ongoing transformation, ensuring that it is deep and lasting.

When these elements come together, the soul begins to vibrantly reflect spiritual light, achieving its highest value and purpose.

The brilliance of a diamond depends directly on its purity and clarity. Similarly, the purity of the soul is measured by the quality of its thoughts. A soul filled with pure, benevolent thoughts — with nothing to hide — becomes like a flawless, colourless diamond, reflecting the light of an angel.

The quality of our spiritual essence is shaped by our sanskars — the deep-seated habits and patterns that form our character. Just as flaws in a diamond diminish its clarity, weaknesses in our sanskars limit the soul's ability to shine. To become truly invaluable, the soul must strive for flawlessness in thought, word, and action.

A diamond is also the hardest known substance — it never shatters. This symbolizes the unbreakable resolve of an elevated soul. Walking the path of spiritual awakening brings many challenges, yet the master soul remains steady and determined, knowing that only unwavering commitment leads to perfection.

A diamond also does not react easily with external substances. Likewise, an elevated soul maintains an inner state of stability and peace, choosing not to react to the passing storms of life's circumstances. It remains untouched, unburdened, and serene.

With the help of Rajyoga, regularly we need to convey all shortcomings to God, who is ultimate Supreme Jeweller who guides this refining process, turning every dusty, raw diamond into a magnificent, radiant, and elevated soul — a true masterpiece of spiritual light.

Conclusion

Embracing obstacles is not just about enduring hardship; it's about recognizing the transformative potential that lies within each challenge. By confronting difficulties head-on, we unlock new levels of self-awareness, confidence, and resilience. The journey may be tough, but the rewards of growth and personal development are well worth the effort. So, the next time you face an obstacle, remember the valuable lessons it can teach and the strength you can gain through the experience.

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. ORC-Delhi: Youth Participants in Divya Youth Forum and Inauguration of the Project "Nayi Umang Nayi Tarang".

2. ORC-Delhi: Dr. Gopal (President of Global Yoga Alliance, Delhi); Sandeep Yadav (Assistant Director of Narcotics Control Bureau), BK Asha (Director of ORC), BK Chandrika (President of Youth Wing), BK Atam Prakash, BK Krooti, BK Ansuya, BK Geeta, BK Rohit, BK Jeetu and others inaugurated the project "Nayi Umang Nayi Tarang" campaign by lighting the lamp.

3. Pune-Hadapsar: BK Seema, BK Shyamal conducted orientation sessions for First Year Engineering students across three colleges under Youth Wing Project "Nayi Umang Nayi Tarang".

4. Kanpur: Two days Pariksha Mitra and Positive Change Course Master Training organised and inaugurated by Arun Pathak (MLC), Brajesh Pathak Arya (Chief Medical Officer), Neeraj Patel (Tax Assistant Officer), BK Arun, BK Ratan, BK Dulari (Kanpur Director), and BK Sarita. 90 brothers and sisters participated in the training.

5. Jalgaon-Jamod: On International Youth Day "Nayi Umang Nayi Tarang" program was held. BK Urmila (Incharge Buldhana Kendra), Avinash Umbarkar (District Centre Chief and Taluka Congress Committee President), Sir Sheelatai Ambekar Buldhana (Former Principal of The New Era College Bhagat) and Mudekar Madam (Municipal Councillor).

6. Rajkot-Rajnagar: A special program for youth, "Nayi Umang Nayi Tarang" fostering values like confidence, courage, creativity, and compassion was organised. Speakers are BK Ketan, BK Parag, BK Jitendra, BK Ketan Lakhdhirbhai, BK Geeta (Rajkot Youth Wing Coordinator), BK Rita (Rajnagar Seva Kendra Incharge).

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