



## Awakening the Power Within

Today's youth stand at a crossroads of immense potential and persistent distraction. Carelessness appears in ignored responsibilities, reckless posts, unsafe choices, missed deadlines, and neglected relationships.

Excuse-making follows—blaming circumstances, stress, traffic, or time while avoiding accountability and delaying action.

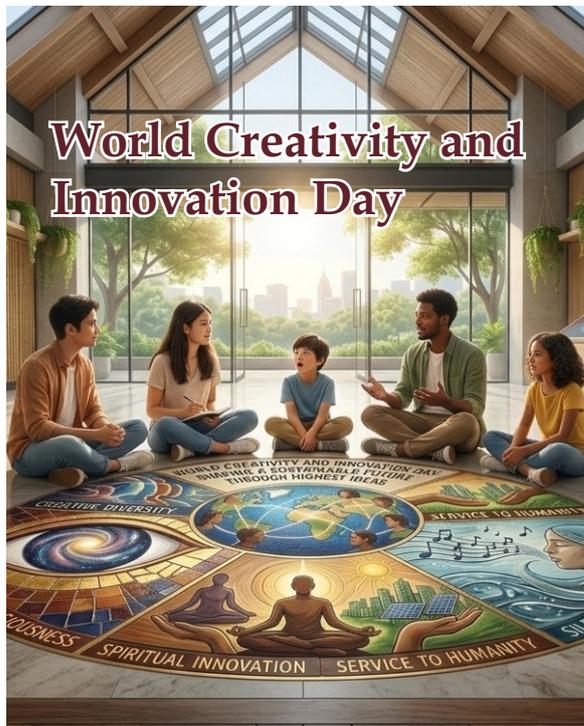
Laziness grows through excessive sleeping, endless scrolling, binge-watching, skipped workouts, and postponed goals.

Daily life reflects these habits: texting while driving, sharing misinformation, saying “tomorrow,” blaming network issues, waking late, and neglecting health.

Yet change is possible. Through Rajyoga meditation, spirituality, and self-awareness, youth discover purpose, discipline, and inner strength. Mindful living replaces avoidance with responsibility and resilience. When awareness awakens, excuses fade, energy rises, and purposeful action begins—shaping confident individuals and a stronger, value-driven future for society.



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On 21st April, the world celebrates World Creativity and Innovation Day to encourage and empower creativity and innovation for a peaceful, inclusive, and sustainable future driven by the highest form of ideas.

We, as human beings and as a part of this Earth, are an important part of this universe. Our ideas and thoughts shape the world and the universe at a quantum scale every second. As individual beings, we all possess the power of creativity and innovation as an integral part of our consciousness. This power blooms or sparks when we touch the inner world that lies within us. These powers represent a higher form of consciousness, where a being is not only exploring the world at a subtle level, but is also offering service to humanity by creating an empowered collective consciousness through rooting universal ideas of truth in human minds.

Creativity is our eternal spiritual quality, where we, as aware consciousness, see the world in its truest form. Some portray it through paintings, some express it through poetry, and some convey it through music and other forms of expression. From a conclusive perspective, creativity reflects the power of unity and uniqueness at the

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## A Reflection on Time, Focus, and Zero Waste Thinking

As the year draws to a close, Aarav found himself wondering why time always seemed to slip through his fingers.

"We all have the same 24 hours," he said to Neha, stirring his coffee thoughtfully. "Yet it feels like I barely have ten. How does that happen?"

Neha smiled gently. "It feels that way—but it isn't actually so."

Aarav had noticed something about her. She met deadlines with ease, stayed prepared for exams, and still managed to be present with friends and teams. She wasn't rushing yet she wasn't falling behind either.

"What's your secret?" he asked. "How do you manage your time so well without cutting yourself off from people?"

"It's not about managing time," Neha replied. "It's about managing attention and eliminating waste."

She gestured toward the café counter. "Tell me how many sandwiches would you like?"

"Three," Aarav said quickly. "I'm really hungry."

Neha nodded. "I'll take one. Cut into two portions."

Aarav laughed. "That's it?"

"That's the lesson," she said. "I've learned not to bite off more than I can chew."

Seeing his puzzled expression, she continued.

"Imagine the sandwich is a task, an assignment, a responsibility, even a thought. We often overload ourselves, thinking we're being productive. But what we're really doing is creating waste, wasted energy, wasted focus, wasted thought power."

She took a bite and continued slowly.

"I work in portions. One task at a time. While I'm doing it, I practice tunnel vision, complete presence. No multitasking. No mental wandering. Everything else is gently set aside."

"When one portion is complete," she said, "I pause. I assess and reassess. I check in with my mind, my energy, even my body."

She smiled. "I ask myself: Are we ready for the next bite?"

Sometimes the answer is yes.

Sometimes it comes after a short while.

And sometimes it is a clear, 'Enough for now.'

"That pause," Neha explained, "prevents waste. It stops overthinking, mental clutter, and emotional exhaustion. It keeps thought power fresh, focused, and effective."

Aarav leaned back, letting her words settle.

"So, you're saying," he reflected, "I don't need to attend every call, respond to every message, or join every meeting just like I don't need endless apps on my phone?"

"Exactly," she replied. "Every unnecessary engagement leak energy. Every distracted thought dilutes power."

He nodded slowly. "No wonder the day feels short. I've been leaking hours without realizing it."

"This is where Zero Waste becomes more than just an environmental idea," Neha said.

"It becomes a way of living.

Zero waste of time.

Zero waste of thoughts.

Zero waste of emotional energy."

"When attention is focused and anchored in the present moment," she added, "time expands. Work becomes lighter. Even rest becomes deeper."

Aarav smiled. "Slow. Steady. Savouring each moment but still moving forward."

"That's qualitative thinking and doing," Neha said. "And when thought power is clean and concentrated, results follow naturally."

"Grades too?" he asked, half-teasing.

She laughed. "That's for you to experiment with and experience."

As they finished their coffee, Aarav felt an unfamiliar calm like a cool breeze on a warm afternoon.

"I'm going to try this," he said. "One sandwich at a time. Less noise. More presence. And maybe I'll reflect on March 30—International Day of Zero Waste too. It seems like the perfect reminder."

"And don't forget," Neha added softly, "pair it with meditation. Focused thought power grows in silence."

Aarav chuckled. "Deal. I'll start small."

One task.

One thought.

One present moment at a time.

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same time. This can be called creative diversity, which is the art of thinking independently together. Creativity is what makes us unique and transforms us into masterpieces of God.

On the other side, innovation is the second eternal spiritual quality. It is a practical tool to bring innovative ideas into the fabric of reality. When these ideas align with spirituality, they not only strengthen self-development and self-transformation, but also emerge as a force for transformation of the world, creating a world of elevated consciousness, empowerment, and opportunities. It provides nourishment for every being on this Earth, fulfilling life with prosperity across every sector and domain.

If we observe deeply, these qualities can be used through the powers known as silence and imagination. History shows that great creative and innovative ideas are born from silence and imagination. These powers transform the world on an immense scale, whether in scientific discoveries, education, business, or daily life.

Our highest priority must be how we implement and execute these ideas for the betterment of the world. If we root ideas of invention in young minds through knowledge rather than fear and empower their curiosity, we build a sustainable future with peace, compassion, unity, and prosperity, together.



One of the greatest powers of spirituality is its ability to transform the negative into the positive. Through awareness, reflection, and connection with the Divine, we learn to convert pain into wisdom, weakness into strength, and confusion into clarity. Interestingly, I see a very similar strength in poetry. Poetry, too, is a sacred space where emotions are given expression and, in that expression, are elevated. When we give a creative vent to our feelings, we are not merely describing them — we are transforming them.

On World Poetry Day, it feels meaningful to remember the great poets who have shaped our collective consciousness and strengthened our perspective toward life. Many of them have not only written beautifully but have healed humanity through their words.

Rabindranath Tagore is one such poet whose work beautifully blends nature, devotion, and inner awakening. In Gitanjali, longing becomes surrender, and surrender becomes peace. His poetry reflects a soul in dialogue with the Infinite, reminding us that even in moments of isolation, we are divinely connected.

Similarly, Rumi, the great Sufi mystic, transforms heartbreak into spiritual expansion. For Rumi, wounds are not weaknesses but openings through which light enters. His poetry is meditation in motion — a dance of longing and union with the Beloved. He shows us that pain can become a pathway to divine love.

From India's spiritual soil emerged saint-poets like Kabir, whose simple yet profound couplets call us inward. Kabir challenged ritualism and invited seekers to experience God within. His poetry acts like spiritual traffic control, bringing the restless mind back to awareness and truth.

Likewise, Mirabai transformed personal suffering into

devotion. Through her unwavering love for Krishna, she turned social opposition and hardship into songs of surrender. Her life itself demonstrates how poetry and spirituality intertwine — when devotion becomes expression, and expression becomes liberation.

As meditators, much of what we practice daily — morning and evening meditation, positive affirmations, self-reflection, checking our karmas, talking to God — is about taking care of our inner state. In Rajyoga meditation, we consciously create positive thoughts. We observe our mind, regulate our responses, and practice traffic control of our thinking. This awareness keeps us stable and bright in our approach to life.

Writing poetry is a similar inner exercise. When we write, we become observers of our own emotions. Instead of being overwhelmed by anger, sadness, or fear, we step back and shape them into words. In that creative shaping, emotional maturity develops. As we grow in poetic skill, we discover an empowering ability — the ability to convert any negative state of mind into a positive rendering.

A good poet does more than receive appreciation. A good poet can transform lives. Through fresh perspectives and deeper meanings, poetry can comfort the grieving, inspire the discouraged, and awaken the searching soul. In this way, poetry becomes a subtle form of service — healing through language.

Both spirituality and poetry remind us that we are not our thoughts; we are their creators. When we cultivate positive thinking through meditation and creative expression through poetry, we strengthen our spiritual journey. We learn to shine — not because life is free from darkness, but because we have learned how to turn darkness into light.

Happy World Poetry Day to all. May our words remain instruments of healing, hope, and higher consciousness.

# 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 Delhi – Kingsway Camp:** “Fit Youth Happy Walk” program on the Occasion of the 90th Trimurti Shiv Jayanti Celebrations under the Campaign “Nayi Umang Nayi Tarang”. Shri. Raja Iqbal Singh, Mayor - Delhi, BK Sadhana Didi, Center In-charge, Professor Mrs. Poonam Kumria, Principal, Indraprastha College, University of Delhi, BK Rohit Bhai, Zonal Coordinator, Youth Wing (R.E.R.F.), Delhi Zone, BK. Dr. Jitendra Khanna grace the occasion. **2 Nirsra- Jharkhand:** Spiritual Youth Café on “Youth for a Healthy Lifestyle” was organised. BK Shubhro (orthopedic surgeon); Dr. Sunil Kumar, Mr. Manjeet Singh (Businessman of Nirsra); BK Jaya and BK Shakti (directors of the Brahma Kumaris Nirsra); BK Riya guided the youth during the program. **3 Khilchipur – Madhya Pradesh:** A Marathon 2026 on theme “The Run of the Youth, towards a Golden India” was organised wherein over 200 young people participated. Brahma Kumaris District Incharge Madhu Didi, BJP Mandal President Badrilal Dagi, Journalist Om Gupta, Councillor Rakesh Jaiswal, SBI Bank Assistant Manager Ashish Dubey, and Krishnapal, among other guests grace the occasion. **4 Rajkot, Gujarat:** Seminar on “8 powers of Shiva”, BK Tanisha, Dr. Vivekbhai, Dr. Divyeshbhai conducted the seminar. **5 Ahmedabad, Gujarat:** BK Chandrikadidi, BK Rita, BK Ila, BK Pritesh, BK Manisha guided the youth participants on national youth day program on “Youth for Healthy Lifestyle”. **6 Ahmedabad, Gujarat:** BK Rita, BK Vivek, BK Rishika, BK Hitesh, Principal Shri N.D. Shah guided the youth participants of Shri M.S. Shah Commerce College on national youth day “Youth for Healthy Lifestyle”. **7 Tohana, Haryana:** On national youth day “Youth for Healthy Lifestyle” was held. BK Shaili Didi, Dr. Kajal Alawadi, BK Kaushalya, BK Vandana, BK Umesh, Br Gaurav Bansal (President of Yuva Agrawal Sabha); DAV Principal Dr. Neeraj Gupta, Anita Mehta (Founder of Umeed Charitable Trust); Sunny Mehta, Jai Bhagwan Saini, Ankit Mehta, Krishnalal, Sanjeev Pahwa, Vijay Thakral. **8 Jhalawar, Rajasthan:** On national youth day program “Youth for Healthy Lifestyle” was held. Shri Surendra Kumar Jangid, Smt Lakshmi Verma, Smt Neha Yadav, BK Meena, BK Tapaswini, BK Meena guided youths. **9 Jabalpur:** On the occasion of Swami Vivekananda's birth anniversary and National Youth Day, “Youth for a healthy lifestyle” program for NCC cadets, young IT experts, students was organized. BK Vimla Didi, BK Chaya Didi, BK Meetu Didi, Dr. Rudrika Bhatele, CA Ravikant Jain, Engineer Anand Kaurwar, and Architect Shwetank Jain, BK Pooja presented their views to the youth present. **10 Pune Dhanakwadi, Maharashtra:** National Youth Day was celebrated with great enthusiasm on the importance of a healthy lifestyle and self-awareness. BK Sulabha Didi, Ms Preeti Wabale (B.E. Civil), Advocate Madhuri Malegaonkar; BK Sakshi, BK Dr. Aarti Didi, Principal Rajendra Utturkar Sir, Model Ashutosh Shinde, Cleanliness Campaign Goodwill Ambassador – Pune Municipal Corporation (PMC) Vikrant Singh. **11 Jalore, Rajasthan:** BK Jitendra HQ Co-ordinator Youth Wing and others inaugurating National youth Day program on “Youth for Healthy Lifestyle”. **12 Panipat, Haryana:** BK Bharat Bhushan, BK Krutididi (National Co-Ordinator Youth Wing), and others inaugurating National youth Day program on “Youth for Healthy Lifestyle”.

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