



## Youth Resolution Campaign: A Step Towards Value-Based Living

In a time marked by rapid change and rising stress, the need for strong values has never been greater. The Youth Resolution Campaign by the Youth Wing of RERF, Brahma Kumaris, is a timely initiative guiding young minds towards purposeful living.

Rooted in simple yet powerful commitments—promoting national unity, rising above differences, respecting parents and elders, maintaining positivity in thoughts and actions, and practicing daily meditation—the campaign nurtures balanced and responsible individuals.

More than an activity, it is a movement to awaken inner strength, clarity, and social responsibility among youth. As torchbearers of tomorrow, young individuals are invited to embrace these resolutions and become catalysts of positive transformation in society and the nation.



**BK Chandrika ben.**  
Editor, Youth wing  
Newsletter,  
Vice chairperson,  
Youth Wing, RERF.

## The Working of Vibrations

The greatest principles of science always make us reach subtle mechanisms of the world. There is a subtle mechanism around us, invisible, in the form of vibrations that are working in the world. For example, the rays of the sun nourish the Earth in the form of waves, and pure nature heals us through these waves. Though we cannot touch them, this mechanism works continuously because we are eternally connected to these vibrations.

When we realize the subtleness of our body and energy, we begin to understand the world from a new perspective. We enter a deeper awareness of our existence. Each thought is connected to the vibrations of the Earth, and when we understand this, we start creating new patterns within these vibrations.

Nature is in constant motion, and it transforms rapidly with the motion of our thoughts. Energy continuously transforms into another form, carrying infinite information within its vibrations.

Atoms in nature are always in motion, radiating immense energy. We souls are filled with light, and this light interacts with these atoms, influencing them. When our mind is in a silent state, it creates vibrations of peace, which relax and transform the surroundings. Anyone who enters such a space experience this shift. This is why we feel peace in places like temples, where such vibrations are present.

*Cont. on page 3*

## Inside

Rediscovering the  
Strength of Togetherness

Page 2

The Working  
of Vibrations

Page 2

The Whisper  
Beneath the  
Silence

Page 3

Youth Services

Page 4

# Rediscovering the Strength of Togetherness

I know a family personally that was not very well-to-do. They had seven children, and everyone lived together under one roof. Of course, this meant constant adjustments—sharing space, managing limited resources, and accommodating different personalities. Yet what stood out was their willingness to support one another. They were deeply focused on education, committed to honest living, and extended care not just within their home but also to their wider community. They lived among people from different religions and backgrounds, embracing diversity with simplicity and warmth.

Although money was limited, happiness was abundant. There was positivity, hope, and optimism. Relationships were rich, and togetherness was their greatest strength.

This World Family Day, I find myself reflecting on how society has evolved. Earlier, when our communities were largely agrarian, livelihood was not the only concern in life. Families lived together in joint setups, depending on one another and leveraging each other's strengths. Differences existed, but so did acceptance. Over time, economic necessities, reduced tolerance, and increasing individualism led people to move away—physically and emotionally. Families became smaller, and interactions with neighbors and communities reduced.

Today, although we live in crowded societies, meaningful interactions have diminished. We connect more with gadgets, social media, and professional networks, but the real sense of care, belongingness, and emotional security has weakened. Along with this, our tolerance for unfavorable situations has reduced. Earlier, cousins might fight during the day but would return to playing together by evening. Adults too learned to accept each other's flaws and appreciate strengths. Now, such differences often feel stressful, and relationships become fragile.

This shift is also reflected in rising stress levels and increasing cases of anxiety and depression. Parenting, too, has changed. Earlier, raising many children in joint families felt manageable because responsibilities were shared. Today, even raising one child can feel overwhelming, as nuclear families navigate responsibilities largely on their own, balancing professional demands with parenting pressures.

Spiritual wisdom reminds us that the entire world is one family. When we see ourselves as souls and consider everyone as our brothers and sisters, we develop a deeper sense of acceptance. Even if we disagree or experience conflict, there is an underlying belief that relationships matter more than differences. We learn to reconnect, celebrate together, and support one another through life's journey.

This World Family Day is an invitation to reflect on the power of family—the strength, security, and happiness that togetherness brings. It is a reminder to return to the perspective of “One World, One Family,” to cultivate greater acceptance, tolerance, and compassion in our relationships. When we do so, we rediscover how beautiful life can truly be.



- Neeti Kumar

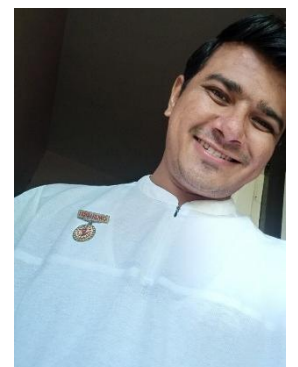
## The Working of Vibrations

*Cont. from page 1*

Vibrations are formed through electric and magnetic fields, existing in wave form and carrying force. They impact everything they touch and can travel through mediums like water and air. The universe itself acts as a medium for these vibrations, allowing them to travel infinitely and be recorded across time. To connect with these vibrations, we must align ourselves with their frequencies, enabling us to receive the information they carry.

Different vibrations have different strengths. Some are weaker and change quickly, while others are stronger and last longer. Today, the rapid increase in human thoughts is creating instability in nature's energies. We are the source of these changes.

Now is the time to create positive vibrations. These can transform harmful patterns and bring balance to nature and life. By becoming more subtle in awareness, we can understand this deeply. Scientific discoveries enhance human potential, while inner discovery uplifts human life.



- Bk Rishabh

# The Whisper Beneath the Silence

We walk through life seeking peace — in relationships, responsibilities, achievements, and routines. On the surface, everything may appear settled. Smiles are exchanged, duties are fulfilled, and days move forward as planned. Yet beneath this calm exterior, something subtle and unseen continues to flow within us.

A quiet whisper.

It is the voice of memories — some comforting, some unsettling. Experiences from the past that the mind quietly holds onto. Like a child clutching a worn-out toy, the mind often clings to what once felt important, even when it no longer serves our growth.

At times, this inner whisper feels like gentle music. At other times, it becomes restless noise. We may not always notice it, especially when we are deeply engaged in work, service, study, or daily responsibilities. In moments of busyness, it fades into the background. But it never truly disappears.

It waits.

And the moment life becomes quiet, it returns — replaying the same thoughts, the same emotions, the same stories.

Many of us try to fight this voice. We try to silence it, suppress it, or distract ourselves from it. But the more we resist, the stronger it seems to become. What we push away often returns with greater force.

Then one day, a gentle understanding arises: Perhaps we do not need to battle it at all.

When we begin to simply observe — without reacting, without judging, without labeling — something beautiful starts to shift. The noise begins to lose its power. What once felt heavy starts becoming lighter. What once occupied the mind endlessly begins to dissolve in the light of awareness.

We realize then that this whisper is not our enemy. It is simply old conditioning — a collection of impressions, habits, and emotional patterns gathered over time. Not a defect. Not a weakness. Just a natural mechanism of the mind. And this realization is deeply empowering for young minds.

Because it reminds us that we are not trapped by our thoughts. We are not defined by our past. We are not limited by yesterday's experiences.

We are the peaceful, powerful presence that can observe, choose, and transform.

This awareness does not remain limited to meditation alone. It begins to shape the way we speak, respond, decide, and live. Challenges become lessons. Relationships become mirrors. Silence becomes strength.

And when the whisper beneath the silence is understood, life becomes a sacred journey — a beautiful dialogue between the soul and the Supreme.

- Neha Behl



## Cultivate Innate Wisdom

Tolerance is based on going beyond the superficial things that divide us. It's the result of turning within and coming to know the self. If I can deal with my own ego, then my own anger can be resolved. This goes a long way in resolving external issues too.

With my own ego out of the way, I will be able to handle anything! Otherwise it's just the same old thing - you versus me, yours versus mine, etc. - intolerance. If I'm unselfish and honest in my heart and am concerned about others' needs, then I will be full enough to give.

When you know the self in this way, then you can know others. "I should be understood" changes to "I should understand". Not "They should change", but "I will give what's needed". Patience, peace and maturity develop. Spiritual tolerance cultivates innate wisdom, the kind you can't get from books.

# 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



2



3



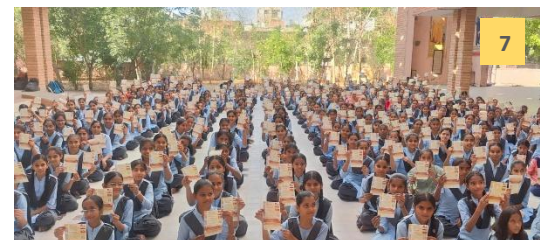
4



5



6



7



8



9

- Nagpur:** Youth Wing Annual Meeting with BK Chandrika (Chairperson), BK Atam Prakash (Vice Chairperson), BK Kruti (National Co-ordinator), BK Jitendra (HQ Coordinator) and members.
- Nagpur:** BK Chandrika, BK Atam Prakash, BK Kruti, BK Jitendra with Nagpur Center incharge sisters during candle light inauguration for Youth Wing Annual Meeting.
- Chinchvad, Maharashtra:** Induction session for Pharmacy students BK Akanksha spoke on the theme "Value for Values" to DY Patil College of Pharmacy, Akurdi.
- Abu Road:** BK Atam Prakash, BK Savita, BK Jitendra, BK Gita (Bhinmal) in training the trainers program for Rajasthan Youth Service Volunteers.
- Jalandhar:** BK Neha with Dean Dr. Geetika Nagrath, Mr. Ajay Khullar, and esteemed faculty members of DAV University, Jalandhar, at the Digital Wellness Session for BCA and MBA students.
- Bhinmal:** BK Gita, Core Committee Member Youth Wing & Centre Incharge along with Principal Smt Pratibha Sharma during Signature campaign "Ek Hai Hum" under "Utho Jagat Ke Vaste" Service Project.

- Bhinmal:** School Student during the Signature campaign "Ek Hai Hum" under "Utho Jagat Ke Vaste" Service Project.
- Abu Road:** BK Atma Prakash, Dr. Savita, BK Jitendra, BK Gita (Bhinmal), BK Rupesh, BK Harish, BK Rohit (from Radio Madhuban), BK Aruna (Sirohi), BK Ranju (Jalore) in a one-day training entitled "Utho Jagat Ke Vaaste" organized for sisters of Madhuban Zone (Rajasthan).
- Bengaluru - T. Dasarahalli:** Dr. B.K. Sumakka; Dr. Maitreyi (Professor-SKIT); Dr. Sandya (Professor, SKIT); BK Yashaswini conducted a session on "A Spiritual and Personality Development" to the students of Shri Krishna Institute of Technology, Electronics and Communication Engineering department.

## Youth wing, Rajyoga Education & Research Foundation

C/o Brahma Kumaris  
6 & 7, Mahadevnagar Society,  
Opp. Aakar Complex, S. P. Stadium Road,  
Navjivan, Ahmedabad - 380 014.  
Mobile: +91-9427313773,  
Tel: +91-79-26460944, 26444415

Learn to meditate, for information about free  
Rajyoga meditation courses, Visit  
[www.brahmakumaris.com](http://www.brahmakumaris.com)

For more information about youth activities, and  
to subscribe our newsletter please visit  
[www.bkyouth.org](http://www.bkyouth.org)

Join us..

