



Inner Strength: The Real Skill for a Shared Future

Dear Readers,

As we celebrate **World Youth Skills Day 2026**, the Youth Wing of Rajyoga Education and Research Foundation, in collaboration with the Brahma Kumaris, invites every young person to discover the most valuable skill of all **"Inner Strength"**.

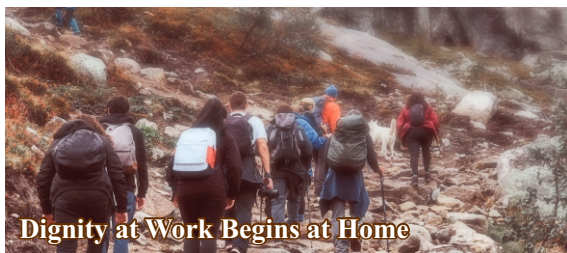
In a world driven by rapid technological change, artificial intelligence, and constant competition, success depends not only on technical knowledge but also on resilience, emotional balance, values, and spiritual awareness. Inner strength empowers youth to face challenges with courage, transform setbacks into opportunities, make wise decisions, and lead lives of purpose and compassion.

Through workshops, experiential activities, reflection, and Rajyoga Meditation, we aim to help young minds awaken their inner potential and build the confidence to create a happier self and a better society. As we also celebrate the spirit of **Guru Purnima** and **Raksha Bandhan** during this season, let us strengthen our inner connection with the Supreme, embrace noble values, and become instruments of peace, harmony, and positive change.

Skills may build careers, but inner strength builds character, leadership, and a meaningful life.



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Dignity at Work Begins at Home



In a world that often measures success by position, authority, or status, it is important for young people to remember that true greatness lies in how we treat others. The habits we build at home and in our daily interactions shape the kind of leaders, professionals, and human beings we become. Respect, empathy, and dignity are not reserved for special occasions, they are reflected in our smallest actions.

He looked puzzled.

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From Emotional Dependency to Inner Strength

Youth is the most powerful phase of life, a time of dreams, connections, emotions, and identity-building. Yet, it is also a time when relationships can easily become confusing, intense, and emotionally draining. Many young people mistake attachment for love and attention for acceptance.

Spiritual wisdom gently reminds us that a healthy relationship begins with inner stability, not external approval. When a young person learns to stand strong within, relationships stop becoming a burden and begin to become a blessing.

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"You don't need someone to complete you; you need to know who you are."

Knowing the Self: The First Relationship

Before building meaningful relationships with others, young people must first build a relationship with themselves. Rajyoga teaches soul-consciousness, the awareness that I am not my moods, my marks, my likes, or my followers; I am a peaceful and powerful soul.

When self-respect is strong, emotional dependence weakens. One no longer chases attention, tolerates disrespect, or fears being alone.

"Self-respect is the strongest protection in any relationship."

Love Without Losing Yourself

Many young people compromise their values simply to belong. But true love never demands self-betrayal. Healthy relationships nurture growth, respect individuality, and encourage authenticity. They inspire dreams rather than becoming distractions.

Spiritual love is not about possession; it is about supporting one another's purpose.

"If a relationship makes you smaller, it is not love; it is fear."

Purity: Power, Not Pressure

In today's culture, purity is often misunderstood as restriction. In reality, purity is a form of emotional intelligence. It brings clarity to intentions, depth to friendships, and dignity to love. Pure relationships protect the mind from confusion and the heart from regret.

For young people, purity becomes a quiet source of strength, helping them remain focused on their studies, careers, and character.

"Purity gives you the power to choose lasting peace over momentary pleasure."

The Supreme Soul (God): The Ultimate Best Friend

When young people connect with the Supreme Soul, they discover an unshakable source of love, wisdom, and guidance. This divine friendship fills emotional voids that human relationships cannot always satisfy. Expectations decrease, confidence grows, and inner security deepens.

With God as a constant companion, loneliness fades even in the midst of a crowd.

"When God walks with you, you are less likely to walk into the wrong relationships."

Emotional Maturity: Respond, Don't React

Youthful emotions are naturally intense, but spirituality teaches mastery over the mind. Soul-consciousness helps us pause before reacting, understand before judging, and forgive without compromising our self-respect.

This emotional maturity transforms conflicts into opportunities for learning and relationships into pathways for personal growth. Strong young people are not those who react quickly, but those who remain calm, stable, and thoughtful.

Healthy relationships are not built on constant connection, but on the right connection. When young souls are rooted in self-awareness and God-consciousness, relationships become empowering rather than exhausting. Such youth do not fall into relationships, they rise through them.

A Thought to Take Forward

As young people navigate friendships, family life, and future partnerships, may they remember that the strongest relationships are built not on dependence, but on inner strength. When self-respect, purity, and spiritual awareness become the foundation, relationships become a source of joy, growth, and purpose rather than insecurity and fear.

"A spiritually strong young person creates relationships that elevate, not enslave."

"He is just a driver... shouldn't he be following your orders?"

"Well, he is also human," I replied. "He has feelings and preferences. Listening to the IPL commentary while I'm at my desk doesn't interfere with his driving duties."

Still unconvinced, he asked, "You're lending him your power bank?"

"Yes," I said. "I'm simply lending it for a few hours. I'd do the same for any colleague or friend. It doesn't cost me anything."

He paused.

Our car doesn't have a charging point. I chose a basic model sufficient for work and errands, without extras I didn't need. At the office, we can charge our phones. He can't. And he is the one navigating route whenever we travel. It seems only fair that he borrows the power bank once in a while.

On our drive back yesterday, he spoke about the IPL match. His team had lost, and he was disappointed. Smiling, I teased him, "Maybe you chose the wrong team." We both laughed.

I turned to my colleague.

"The reason people enjoy working with me is because they feel at ease. They take ownership of their responsibilities without crossing boundaries because they know what is expected of them."

"Take Vaishali, for example," I continued. "She comes home to sweep and mop, but she especially looks forward to Sundays. I once asked her why. She said, 'Because we have chai together, Didi, you and me. On other days, no one talks to me.'"

I smiled and replied, "Then we're glad you come. This home should always feel welcoming."

I don't offer extravagant salaries or unnecessary gifts. The people who work with us stay because they choose to, not out of compulsion, but because they feel valued and respected.

"But what about getting the job done?" he asked.

"You're right," I replied. "Boundaries matter. Sometimes correction is necessary but it can always be respectful."

"If the dishes aren't cleaned properly, I don't react immediately. It could simply be an off day. But if it continues, I set them aside and say the next day, 'These need to be cleaned again,' instead of, 'Your work is not neat.' The message remains the same, but the tone makes all the difference."

I paused before adding,

"A true measure of a person is not how they speak to those they work for, but how they speak to those who work for them."

As young people step into their careers, build teams, and take on positions of responsibility, may they never forget that every individual deserves respect. Titles may define roles, but dignity belongs equally to all.

The ability to lead with kindness while maintaining clarity and accountability is not a weakness, it is one of the highest forms of strength. The culture we create in our homes often becomes the culture we carry into our workplaces. If dignity begins at home, it has the power to transform every place we lead.



Have you ever noticed how exhausted you can feel after a conversation that wasn't physically demanding? That's because fatigue doesn't always come from action alone. Often, it comes from the unnecessary energy we spend on words.

Each day, you begin with a limited amount of mental and emotional energy. The problem is rarely that you don't have enough energy, it's that too much of it is wasted on conversations, complaints, and arguments that provide little value in return.

Your words are an investment, and like any investment, they should be used wisely. Many people operate with a constant stream of verbal background noise, engaging in trivial chatter, complaining about things beyond their control, or arguing simply to prove a point. This kind of verbal clutter can drain your energy more than meaningful work ever will.

Before speaking, ask yourself a simple question: Is this useful? If your words won't improve the situation, solve a problem, or contribute something meaningful, consider whether they need to be spoken at all.

Talking is not a neutral act. It either strengthens your energy or diminishes it. Complaining to people who aren't listening, repeating the same frustrations, or getting pulled into unnecessary drama all consume valuable mental resources. By speaking with intention and purpose, you preserve your energy for the things that truly matter.

Silence is often more powerful than people realize. Choosing peace over conflict is not passive, it is a deliberate decision to protect your focus and direct your energy toward productive outcomes.

Conversations become emotionally draining when your ego becomes attached to them. When you feel compelled to prove you're right, win an argument, or ensure that everyone agrees with you, you create unnecessary pressure for yourself. Communication is not about conquering others; it is about connecting with them.

When you release the need to always be heard, validated, or proven right, anxiety begins to fade. You become more present, more thoughtful, and far less burdened by the opinions of others. As a result, your energy remains available for what genuinely deserves your attention.

The bottom line is simple: when you speak from authenticity rather than from the need to impress, defend, or dominate, your words become a bridge instead of a barrier. Communicate with purpose, act with integrity, and recognize the value you already bring. When every word serves a meaningful purpose, you move through life with greater clarity, confidence, and ease.

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. **Malaysia:** Asia Pacific Youth Retreat was successfully held at the Asia Retreat Centre with 41 Youths participants guided by BK Chandrika, BK Meera, BK Kruti, BK Jothi from South Africa. 2. **Vallabh Vidya Nagar:** BK Usha (Abu), BK Jagruti, Bro Yogesh Patel (MLA Anand), Dr Hemant Bhatt, Bro Dhaval Patel (Chairman CGSM), Bro Akash Patel (DYSP Dabhoi), Dr Sarita Bhutada (Prin Ayurvedic College), BK Pravina (Abu) inaugurating "Utho Jagat ke Vaste" Youth Project. 3. **Vallabh Vidya Nagar:** Participants of "Utho Jagat ke Vaste" Youth Project. 4. **Chandigarh:** 'Spiritual Carnival' for BK Brothers Global Divine Lighthouse, Sector 27. BK Uttara (Zonal Head), BK Poonam (In-charge of Sector 27), and BK Arun, inaugurated by candle lighting. Approximately 90 brothers participated from Punjab, Haryana, and Himachal Pradesh. 5. **Indore-Rambagh:** Group photo with BK Chhaya, BK Chandrakala, BK Saraswati during the "Utho Jagat Ke Vaste 2026" Youth Project and Digital Wellness & Signature Campaign. 6. **Indore-Rambagh:** Distinguished guests during the "Utho Jagat Ke Vaste 2026" Youth Project: BK Chhaya, Dr. Narendra Kumar Dhakad (Former Vice-Chancellor), Father Piyush, CS Hitesh Sawlani, BK Meetu. Over 100 youths took the pledge of "Ek Hai Hum" under the project. 7. **Mount Abu:** Group photo with Vice Chancellor of Kota Agriculture University, BK Jitendra, BK Virendra, BK Geeta after briefing "Utho Jagat Ke Vaste 2026" Youth Project. 8. **Mount Abu:** BK Chandrika (Chairperson, Youth Wing), BK Prabha (Director, Gyan Sarovar), BK Atam Prakash (Vice Chairperson, Youth Wing), BK Kruti (National Coordinator, Youth Wing), BK Jitendra (HQ Coordinator, Youth Wing) distinguished guests inaugurating Divine Youth Forum on the theme "Spiritual Maturity" for BK Youth. 9. **Mount Abu:** BK Teachers, participants of the Divine Youth Forum on the theme "Spiritual Maturity" guided by BK Chandrika (Chairperson, Youth Wing), BK Prabha (Director, Gyan Sarovar), BK Atam Prakash (Vice Chairperson, Youth Wing), BK Kruti (National Coordinator, Youth Wing), BK Jitendra (HQ Coordinator, Youth Wing). 10. **Mount Abu:** BK Brothers, participants of the Divine Youth Forum. 11. **Mount Abu:** BK Kumaris, participants of the Divine Youth Forum.

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