LIGHT HOUSE

Youth Wing eNewsletter

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The months of November and December bring with them the warmth of festivals, the joy of togetherness, and the timeless values of love, gratitude, peace and hope. These celebrations offer more than moments of happiness; they provide valuable opportunities to reflect on the principles that guide us towards a more harmonious and compassionate society.



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Diwali, the festival of lights, reminds us that even a small flame can dispel darkness, symbolising the triumph of good over evil and knowledge over ignorance. It inspires us to overcome negativity with positive thoughts and actions. The divine teachings of Guru Nanak Dev Ji emphasise equality, humility, selfless service and universal brotherhood, while Christmas celebrates the enduring message of love, compassion, forgiveness and generosity. Together, these festivals remind us that the true spirit of celebration lies not merely in illuminating our homes, but also in enlightening our hearts and bringing light into the lives of others.

For today's youth, these occasions hold a special significance. Young people are not only the torchbearers of tomorrow but also the changemakers of today. By embracing strong values, nurturing creativity, practising mindfulness and expressing gratitude, they can transform festive inspiration into meaningful action. It is with this vision that the Youth Wing, through initiatives such as the *Youth Mela – Youth for Viksit Bharat* and the *Youth Challenge Library,* seeks to empower young minds to discover their potential, strengthen their character and contribute positively to society.

These initiatives encourage youth to look beyond celebrations and recognise the power of everyday actions. A kind word, a helping hand, a moment of mindfulness or a heartfelt expression of gratitude may appear small, yet each has the potential to create a ripple of positivity. When such actions become a way of life, they foster inner strength, social responsibility and a culture of mutual respect and understanding.

As we celebrate this festive season, let us resolve to become living lamps of hope, spreading warmth wherever there is despair, understanding wherever there is conflict, and kindness wherever it is needed. Let us empower our youth to lead with values, act with purpose and serve with compassion. **For a truly Viksit Bharat is not built by material progress alone, but by enlightened minds, compassionate hearts and responsible citizens committed to peace, unity and collective well-being.**



Self-Transformation: The Power of Realisation

We are all an integral part of self-transformation. It is a true spiritual journey that brings significant changes, opens new doors of understanding, and creates a broader path for individual and social growth. However, transformation does not happen by forcing ourselves to change through repeated difficult situations. Such experiences may bring temporary changes, but lasting transformation begins

Continue on Page 3

The Sound of Silence — *Page 2*

Self-Transformation: The Power of Realisation — *Page 3*
Continue from Page 1

The Two Voices — *Page 2 & 3*

Youth Services — *Page 4*



The Sound of Silence

We live in a world where a few clicks can take us across continents. Artificial Intelligence can answer our questions, create images, analyse information and communicate across languages in seconds. We have access to more information today than humanity could have imagined a few decades ago.

And yet, amidst all this technological advancement, something seems to be missing.

We have never had so much information, yet we seem to have so little reflection. We have never been so connected, yet we often feel so disconnected.

Everywhere we turn, there are sounds competing for our attention—the constant notifications of our phones, the chatter of social media, the noise of traffic, the cries of anxious hearts, the tensions between nations and the continuous activity of our own minds.

Whether it is the sound of an aching heart, the cry of a mother, the noise of conflict between nations, or the invisible noise created by our own thoughts, the world seems to be vibrating with unrest.

But perhaps all these sounds are temporary.

Behind the noise, there is another sound—the sound of silence.

Silence is not merely the absence of sound. It is a state of inner stillness. It is the space where the mind becomes quiet enough to listen—to ourselves, to others and to something deeper than ourselves.

Today, we are moving rapidly towards a world where technology and AI can give us information almost instantly. We can connect with people thousands of miles away with the click of a button. Yet, despite having access to more information than ever before, we seem to be losing some of the basic values that make us human—love, respect, compassion, patience and understanding.

Technology can connect devices, but it cannot automatically connect hearts.

Science has taken us to extraordinary heights, but perhaps the challenges facing humanity remind us that technological advancement alone cannot create a peaceful world. We need something deeper—a transformation within the human being.

Perhaps this is where the power of silence becomes important.

When we move from noise to silence, from reaction to reflection, from correction to connection, something within us begins to change.

In silence, we begin to observe our thoughts instead of being controlled by them. We become aware of our emotions instead of reacting to them. We begin to listen—not merely with our ears, but with our hearts.

And when the mind becomes silent, we can experience a deeper connection with the eternal self and the Supreme Source.

The world today may be filled with countless sounds, but perhaps what it truly needs is the sound of silence—the silence that brings clarity to confused minds, peace to troubled hearts and compassion to human relationships.

Maybe the next great transformation of humanity will not come from another technological invention.

Maybe it will begin with a few moments of silence.

A moment when we stop.	A moment when we breathe.
A moment when we turn inward.	A moment when we reconnect with the source of peace within.
From noise to silence.	From information to wisdom.
From connection to communion.	From restlessness to peace.

Perhaps when enough human beings discover this inner silence, the world outside will begin to change too.

And the same world that is today filled with noise may gradually become a world filled with peace, harmony and eternal happiness.



Rahul stared at his laptop. Mohit's notes were gone.

Mohit had lent him all his notes while Rahul was recovering from a severe illness. Rahul had promised to return them in time. But his laptop had crashed, the files were deleted, and every attempt to recover them had failed.

Then the two voices began.

Ravan: You have always been a loser. Someone trusted you with his

Continue on Page 3

Continue from Page 1

Self-Transformation: The Power of Realisation

with genuine realisation from an honest heart.

Realisation is the root of transformation. It begins when we willingly recognise our weaknesses and understand them honestly rather than reacting negatively. We often fear being exposed and judged by others, but everyone experiences weaknesses influenced by external situations and inner patterns. These weaknesses drain our inner powers and conceal our natural virtues. Throughout the day, we accumulate negativity through our thoughts, interactions, and experiences without noticing it. Eventually, we may feel low, nervous, or demotivated without understanding why. These inner leakages gradually weaken our confidence and affect our qualities.

When we understand our weaknesses with an honest heart rather than merely analysing them logically, acceptance begins naturally. This acceptance helps us realise three things: the roots of our weaknesses, the reasons behind other people's behaviours according to their past sanskars and circumstances, and our ability to overcome weaknesses through positive responses and spiritual knowledge.

But what is a positive response? It is the realisation that our weaknesses do not define our true identity. At our core, we are pure, elevated beings filled with virtues and specialities. This awareness empowers us to transform ourselves while understanding others with compassion. Helping others progress becomes an extension of our own spiritual growth.

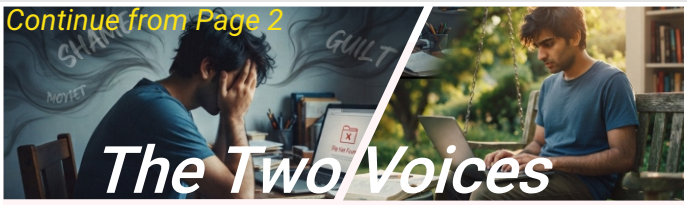
Consider a child growing into a teenager. As the child enters college and meets new friends, observing their behaviours and attitudes expands their understanding. Gradually, the child adapts, matures, and develops new ways of thinking and behaving. Similarly, spiritual knowledge broadens our intellect, develops introspection, and helps us understand ourselves, others, and situations with greater clarity.

Once we realise that we are elevated and powerful beings capable of overcoming weaknesses, we begin experiencing our qualities with enthusiasm and confidence. By applying spiritual knowledge practically, we conduct unique experiments in everyday situations and discover new experiences within ourselves.

Ultimately, realisation leads to experience, and experience strengthens transformation. When this transformation becomes visible through our thoughts, attitudes, responses, and actions, we become an inspiring example for others.

True transformation is not exterior, but it is truly interior.

Continue from Page 2



The Two Voices

hard work, and you couldn't even preserve it. You should have made your own notes instead of depending on his.

Rahul felt shame rising.

Ram: Yes, you made a mistake. Accept it. But don't turn one mistake into your identity.

Ravan: You let him down. Feel guilty.

Ram: Guilt has a purpose only when it leads to responsibility. The notes are gone. What can be done with what is here, now?

Rahul paused.

Every situation, he thought, could become a means to rewire, reflect and rejuvenate. He could not change what had happened, but he could choose what happened next.

He opened his email and honestly explained everything to Mohit, without excuses. He admitted the loss and pressed **Send**.

For a few minutes, fear, shame and guilt circled his mind like little monsters.

Instead of fighting them, Rahul stepped outside.

He sat on a swing among the trees, breathed deeply and opened his syllabus book for tomorrow's exam. His thoughts gradually became fewer and less intense.

Then his phone rang.

It was Mohit.

"First, all the best for tomorrow. I read your email. Thank you for being honest. Did you actually read my notes before they were deleted?"

"Yes, a couple of times."

Mohit laughed. "Then what better storage than your own mind drive? Why don't you make notes from whatever you remember and share them with me?"

Rahul had never thought of it that way.

He moved his laptop to the garden table and began writing. One memory led to another. Soon he had something to share.

He sent Mohit the link.

A little later, Mohit called.

"You got an A+! And I've revised and updated my own notes too. The more I write, the more the content evolves with a fresh perspective. So, actually, thank you for the second chance."

Rahul laughed.

"Who likes stale food anyway?"

The notes were lost, but the lesson remained.

Ravan asks, "Why did this happen?"

Ram asks, "What can I do now?"

Sometimes, changing that one question changes everything.

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. Mumbai - Dombivali: On the International Youth Day 2026, "Youth Shaping the Future" programme youth empowerment, positive thinking, leadership and addiction-free lifestyle was organised at South Indian Association College. Seen on stage BK Shaku (Director, Ghatkopar Sub-Zone and In-charge of Dombivali Centre), BK Sangeeta, BK Ankur, BK Kishori and BK Riya. **2. Nagpur – Wadi:** On 12 August 2026, "Utho, Jagat Ke Vaste", a Youth Awakening and Empowerment Programme. On Stage, Dr. BK Shivlal Kawale, BK Sharda Ben Ji, Smt. Jyoti Raut (Principal, Wadi College) inspired youth towards self-reliance, inner empowerment, self-management, leadership. **3. Nagpur – Wadi:** On 12 August 2026, "Utho, Jagat Ke Vaste", a Youth Awakening and Empowerment Programme wherein 300 youth participated. **4. Vadodara – Alkapuri:** Inauguration of "Utho, Jagat Ke Vaste" by Smt. Geeta Makwana (Vadodara Mayor), BK Dr. Niranjana (Sub-Zone In-charge Alkapuri), at Unnati Vidyalaya and Vitthal Vidyalaya. **5. Suratgarh:** On the International Youth Day 2026, "Youth Dream Run" flagged off by Shri Vinod Karwasra (Tehsildar), Dr. Inder Chugh, BK Rani and BK Pushpa, inspiring youth to embrace fitness, positive thinking and a healthy lifestyle. **6. Saint Petersburg, Russia:** Service under the "Utho, Jagat Ke Vaste" (Arise for the World) Project was conducted by BK Geeta (Bhinmal) spreading the message of youth awakening, self-empowerment, positive thinking and spiritual values for a better world. **7. Nadiad:** Virtual launch of the national Youth Wing initiative "Youth for Viksit Bharat – Awakening Inner Strength for Nation Building" by Smt. Droupadi Murmu (Hon'ble President of India), BK Purnima (Sub-Zone In-charge, Nadiad). The programme was graced by Shri Manish Patel (Mayor), Ms. Divya Jadeja (DYSP), BK Chandrika (Chairperson Youth Wing), BK Krutiben (National Coordinator Youth Wing), B K Jagruti and other dignitaries. **8. Nadiad:** Audience seen during the virtual launch of the national Youth Wing initiative "Youth for Viksit Bharat – Awakening Inner Strength for Nation Building".

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