



Youth Wing for Peace & Bliss Newsletter



Issue : January/February 2013

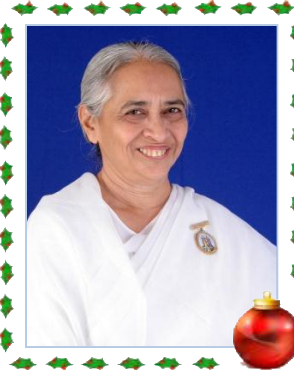
As the year 2013 is starting, let us afresh the time by introspecting and rejuvenating the self. Let us say a big "NO MORE" to the past mistakes, whose turmoil we have already experienced. Let us give a big "HUG" to the good and new opportunities to come our way. Time should not be a hurt, let us be a master of time. Let us prepare the self before time.

The month of January is a special month:

The 12th of January is the birthday of Swami Vivekananda and is celebrated in India as a National Youth Day because he promoted youth in the field of education, art, culture and hope by generating moral values through the enlightenment of the inner being.

The 18th of January is the day when the founder of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Prajapita Brahma is commemorated for the invincible spirit of this ordinary human being who achieved greatness by rising to the challenge of the deeper truths of life.

Let us pay true respect to Swami Vivekananda and Prajapita Brahma by imbibing their values, by empowering the self to the extent that we contribute to our national development at various levels and in different fields.



I wish you my young friends a very HAPPY NEW YEAR and the best of time ahead.

BK Chandrikaben
National Coordinator – Youth Wing.

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(Founder of Brahmakumaris)



Live with humility

Wisdom by Dadi Janki



Brahma Baba
The Father of Humanity

Wisdom, understanding, compassion, strength



Moral Responsibility

To live with integrity
To live mercifully

Brahma Baba, born into a humble home as Lekhraj Kripalani in 1876, was the son of a village schoolmaster. Lekhraj was brought up within the disciplines of the Hindu tradition. He did not follow in his father's footsteps as a teacher; instead he entered the jewelry business, earning considerable fortune as a diamond trader. As a businessman and as a family man, father of five children, Dada Lekhraj maintained a highly respectable position within the local community and was known for his philanthropy.

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Two incidents shook the entire world:

The US school shooting

The gang rape in India

These are the outcome of the inputs and the exposure of media consisting of absurd pictures, serials, movies and news with which the vulnerable minds of teenagers and youths are fed.

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A Feedback on victimization of Woman, by Vibha Rao, Chairperson of Chhattisgarh State Woman Commission:

Ms Vibha Rao believes that by the "excess display of body" by women influenced by the western culture is the key to send wrong signals. Women are unaware of the kind of messages generated through their actions.

Other reasons for sexual offence against women are the ignorance of Hindu epics that teaches values, the proliferation on the internet and the breakdown of joint families. Hence, children are not inculcating cultural values.

Journey within

The most important journey you can take is the journey within. This is a journey to the truth of who you really are. Meditation is a method of relaxing, refreshing and clearing the mind and heart.

Spiritual power gives you the power to choose creative thinking rather than automated thinking, response rather than reaction, peace, love and harmony rather than stress, conflict and chaos.



Moral Responsibility

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Psychologists say "as you think so you become" and one thinks on the basis of what he sees. In today's world, most of the time children and youths are watching movies, serials, fact stories on violence, murders, pornography or vulgarity. Because of too many expectations, temptations and excitements, their desires increase mismatching with their education and abilities. Because of unemployment, stress, tension, loneliness and family problems together with the influence of bad companions, youths are getting vulnerable.

Have anyone of us tried to understand the chemistry of such incidents? Invariably, it will be found that it is evil temptation, addiction, ignorance about the law of Karma, repulsive lifestyle and lack of self-control. Why by being a parent or a senior person in the family, one cannot correct and develop self-restraint about watching such movies and serials, so that youths can learn to be aware of the right and the wrong. I have number of examples where in order to protect the psychological sanctity of their children parents were giving up viewing TV, going to movies.

Crime against women is increasing at an alarming rate. We already know about newly born girl child being drowned or killed by parents; women burnt through kerosene, raped, murdered; suicides are also increasing at a frightening rate. The recent incident of Delhi is just the tip of the iceberg. The research surveys say that 80% of cases are of girl child molestation, rape and sexual harassments. Despite of knowing all, the mother is hiding the matter for saving the family dignity. Hardly some cases are reported and out of them a few are getting justice within the life time of the accused.

Women are shown as an instrument of beauty, entertainment and enjoyment in advertisements, songs, dances, horrors. The irresponsible behaviour and the display on TV and Cinema screen naming it projection of the reality of society, freedom of speech and thoughts have been adding fuel to fire.

These teenager's minds are so immature they hardly differentiate cinema world from real world and they try to replicate it. India is the land where women are worshipped as goddesses such as Durga, Kali, Jagadamba and Mata Santoshi, then how can one think of such crimes against women.

The Indian statistics of the total number of rape, molestation, sexual harassment, cruelty by relatives, abduction and dowry death were 1,31,036 in 2002. They increased to 2,19,062 in 2011. Rape cases in UK and in US were very high compared to India in 2010. While in India it was 72,756, in US it was 90,750. The figures were also high in Canada and in Sweden. Various measures were enacted by the Government for different crimes but still we can see the real situations. We hope that the present generation has realized the gravity of such situations and has initiated seriously some diverse programs to keep the minds of youths and teenagers healthy, happy and clean.

Through Positive thinking and meditation, let us engage their energy and thoughts for some good cause, for moral education and for self-restraint. Let us give to the teenager and to the youth generation a proper education about humanity, love and belongingness instead of just giving them an education for livelihood and the earning of money. Let them understand their true identity that they are children of God 'souls', in order to be a better human being.

Responsibility

"Being accountable in word and deed.

Having a sense of duty to fulfill tasks with reliability, dependability and commitment."

Narendra To Swami Vivekananda



(A journey from the Maa Kalighat to Mt Abu)

Swami Vivekananda was born as Narendranath Dutta in Kolkata (Calcutta) on January 12, 1863. His father Viswanath Dutta, a man of liberal and progressive outlook, was an attorney at Calcutta High Court. His mother Bhuvaneshwari Devi was pious and had practiced austerities. It is believed that she had prayed to Vireshwar Shiva of Varanasi for a son. She reportedly had a dream in which Shiva rose from his meditation and said that he would be born as her son.

Meditation, the building foundation of life and nation:
Narendra remembered his early days in the monastery

"We underwent a lot of religious practice at the Baranagar Math. We used to get up at 3:00 am and become absorbed in japa and meditation. What a strong spirit of detachment we had in those days! We had no thought even as to whether the world existed or not."

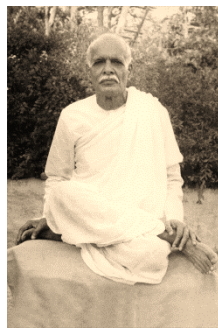
Vision for the Freedom of India:

At Kanyakumari, for three days, Vivekananda meditated on the "last bit of Indian rock", later famously known as the Vivekananda Rock Memorial, where he had the "Vision of one India", also commonly called "The Kanyakumari resolve of 1892". A youth who could inspire, ignite and enlighten the minds of millions of Indians and foreigners through the message of self-realization, concentration, Brahmacharya and Karma Yoga.

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Brahma Baba

The Father of Humanity



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Then, in 1936, at the age of 60, when most of his colleagues were planning their retirement, *Dada Lekhraj* entered into the most active and fascinating phase of his life, during which he became known as Brahma Baba.

Initially he invested more time in quiet reflection and solitude. Then one day, while in a meditative state Brahma Baba felt a warm flow



of energy surrounding him, filling him with light and exposing him to a series of powerful visions. These visions continued periodically over several months. They gave him new insights into the innate qualities of human souls, revealed the mysterious entity of God and described the process of world transformation. The intensity of the messages conveyed by the visions was such that Brahma Baba felt compelled to wrap up his worldly business and devote himself to understanding the significance and application of this revealed knowledge. Although the visions ceased, their Source remained with him for the next 3 decades, guiding his transformation as well as that of those around him.

“निराकारी, निर्विकारी और निरअंहकारी”

70 years have passed since Brahma Baba received that series of visions. Who could have guessed – besides those touched by similar visionary experiences – that the young women he placed at the forefront of the institution he founded would now be on the world stage, sharing platforms with political and religious leaders at the highest level, and leading a lifestyle revolution currently followed by nearly-



One million people from all backgrounds of culture and religion, race and society? Or that millions of others – at this time when loss of integrity in human hearts and minds has plunged so many into despair – would be taking benefit from the teachings he transmitted, finding empowerment in the present and hope for the future?

The living skills that Brahma Baba taught have stood the test of time. The young women that he put to the forefront, now in their eighties and nineties, have become beacons of love, peace and happiness in a world increasingly troubled by disordered relationships, greed, addiction, anger and violence.



Brahma Baba passed away in 1969 at the age of 93. The Tower of Peace on the *Madhuban* campus is a tribute to the invincible spirit of this ordinary human being who achieved greatness by rising to the challenge of the deeper truths of life.

Live with Humility

Dear Friends,

Om shanti. We talk a lot about humanity. It's necessary for humanity – human beings – to have humility. How wonderful life would be if humanity had humility inside. And then consider what life is like when there is no humility. When there is humility, there is maturity and sweetness too.

Go deep inside the self and check your feelings and you will discover truth and honesty inside, and within that, humility. When you live with humility, you will have the feeling of being very safe and secure and clean and pure.

This is our safety. This is what protects us from sorrow. This is the time to realise why you experience sorrow. Once you do, you'll see that there's no reason to experience sorrow.



With love,
BK Janki



...Therefore, first of all check that the main powers, the power of the mind, the power of the intellect and the power of sanskars are all under your control.

“We come nearest to the great when we are great in humility”
– Rabindranath Tagore

Narendra To Swami Vivekananda

(A journey from the Maa Kalighat to Mt Abu)



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The heart of Swami Vivekananda was filled with unconditional and unbounded love, and his life was filled with selfless service. He was having tremendous self-restraint, which he had acquired through *japa* or meditation.

The importance of Brahmacharya (celibacy):

In one of the conversations with his childhood friend Priya Nath Sinha, he attributes his physical and mental strengths, and eloquence to the practice of *Brahmacharya*. Vivekananda emphasized that success was an outcome of focused thought and action.

His practices and determination for maintaining *Brahmacharya* have built the foundation for the freedom of our nation. The great freedom fighters like Balgangadhar Tilak, Bipin Chandra Pal, Subash Chandra Bose, Gandhiji, etc were inspired by the message of that great monk. Gandhiji's practice of chastity and lust free life was also an upshot of Vivekananda's principles. Somewhere it is mentioned that Gandhiji's commitment to India's freedom increased thousand folds because of Swami Vivekananda.

Mystery of Narendra to Vivekananda and Mt Abu:

Earlier name of Narendra was *Swami Bibidishananda*. At Mount Abu, he met the Maharaja of Khetri Ajit Singh, who became his ardent devotee and supporter who later crowned him with the name Vivekananda.

Swami Vivekananda's sole possessions were a *kamandalu* (water pot), and his two favourite books — The *Bhagavad Gita* and *The Imitation of Christ*.

The wandering monk believed and propagated the theory of Karma Yoga and established the Ramakrishna mission at Belur Math on the principle of Karma Yoga.

He had inspired the disciples to go beyond the comfort of *Math or Ashram* life, to understand poverty and problems of millions of Indians, to serve them with their knowledge and effort. His importance for selfless service and unconditional love can be sensed from his life.

His belief was religion cannot be practised with empty stomach.

Instead of being just an admirer of the great Monk, if present youth can follow these two principles of Swami Vivekananda: Brahmacharya and Karma Yoga, then they can enjoy unlimited success, peace, happiness and divine power.

Vivekananda and Jamshedji Tata:

The young monk had not only influenced religious leaders, freedom fighters but also businessmen and researchers through his mission and vision.

Vivekananda travelled with Jamshedji Tata from Yokohama to Chicago and inspired him to start a science and research academy like the Indian Institute of Science in Bangalore.

He had also influenced researchers like Max Muller and Nicole Tesla. As per my understanding and knowledge, Nicole Tesla was a bachelor of science who dared to challenge the knowledge and intelligence of Thomas Alva Edison.

Narendra realized that service to mankind was the most effective worship of God.

Karma Yogi till Death:

On the day of his death, he woke up very early in the morning, went to chapel and meditated for three hours. In the morning at Belur Math, he taught *Shukla-Yajur-Veda*, Sanskrit grammar, and yoga philosophy to some pupils. He walked with Swami Premananda, a brother-disciple, and discussed with him a plan to start a Vedic college in the Ramakrishna Math. After he returned to the Math he conversed with the monks. At 7 p.m., he went into his room and asked not to be disturbed. Vivekananda left his mortal corps at 9.10 p.m. on the 4th of July, 1902 while meditating.



Join us...

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For more information about Youth activities, please visit www.bkyouth.org

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