



“ Enjoy your role – don’t compare yourself ”

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## What pulls you down?



During youth age, we move towards our goal, climbing the ladder of our career, starting new things, making new relations, attempting many things for the first time, and getting setbacks while doing a task. There are various kind of opposite forces working behind our back that pulls us down. It is equally important to have awareness, clear understanding for such negative forces and ways to deal with them.

Identifying Negative force: There may be many reasons, which pulls us down. For example, undesired habits, our own restrictions, undeveloped skills, personal incapability, negative attitude, and people’s comments. Unmask that force; learn how you can get rid of it. Think of a moment when you decided to do something, started it but left it unfinished, what happened? Identify it.

Select Proper ladder: Uphill trains, uphill bikes, planes have special engines to be able to make extra efforts. Persistence, perseverance, determination are the strengths of your ladder. Fill yourself with motivational force that helps you to climb uphill. 'I am going to do it!', 'Success is my birthright!', hopes in your ability are the steps of your ladder. Be firm and start now!

Climb with proper tools: A mountaineer climbs with proper tools, medicines, food, map, knowledge of rocks, weather etc. We should be aware of what we want to do, where we want to go, what tools we will need? Self-Esteem, Self-talk, Self-awareness are some of the tools which will help someone to clarify its own path.

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Youth are very much attracted to movies, TV serials, dramas which have varied characters, roles, each having different features, outlooks, dialogues etc. So, I want to share with you one of the greatest secrets I found from the godly knowledge I have learnt at the *Brahma Kumaris*. That secret is that, "no one in this world can play my part better than myself, the reason being that, "I am unique". You may be in contact with twins having same physical features and yet, they are different. If you ask them to exchange their role for few days and see, they will not enjoy the same.

Each one of us is different; we have grown up in different atmospheres, we are coming from different families, societies, we are going to different schools, colleges, we have different teachers. Our way of thinking differs from individual to individual. So, never ever compare yourself with others. Enjoy the role you got. If you compare yourself with the person who is superior to you, you may be trapped in inferiority complex. If you compare yourself with a person weaker than you, you may develop pride, superiority within. Look at each one's specialty; wear such goggle that sees goodness in each one. You are the Hero/Heroine actor of your life.

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# Power of Silence and Science



## *A Re-Search of the inside world.*

Research conducted by the Maslow, Elton Mayo, Herzberg, Hawthorne, etc. in the field of organizational behaviour helped modern organization to formulate their human resource policies. Research in the field of consumer's behaviour, branding, positioning and pricing could help the marketers in formulating marketing strategy. So, research is an essential tool in managerial decision making. Without proper research and investigation, the decision taken by the manager may be biased or incorrect. But research is consisting of a series of systematic steps to find out or to investigate the underneath truth.

Scientific researchers are more dependent on the experimentation and measurement. Since thousands of years, research were conducted by world famous scientists like Copernicus, Pythagoras, Kepler, Galileo, Newton, Charles, Boyles, Lavoisier, Mendel, Harvey, Plank, Heisenberg, Einstein, Watson, Creeks, etc. to explore the truth and the power of the material energy.

Let us start doing some research on a personal level to get an answer on consciousness and its true nature. Have some fundamental understanding of the self and its relation with the outside world. The mind is also bearing tremendous power to transform the world. If the concentration of the mind and the intellect is powerful then it can perform many impossible tasks. It is the base of the power of silence. A pure and focused mind can do wonder. What medicine cannot do, positive thinking and visualisation can do!

The pure form of psychological energy is known as Spiritual energy or the power of Silence. Till date, science have done research on the physical energy, the atom, which should be continued for progress but, as long as the Atomic (energy of virtue and positivity) energy is not sufficient then the atomic energy or material development will lead to material pleasure and mass destruction. The development of the inside, that is inner values and strengths should match with the outside development.

Sitting in silence with deep introspection, when thoughts become stable, coherent and purposeful without any duality is the research of the inside world.

# Who Cares Relationships?

Relationship: who cares? Is it right? Sometimes... Oh yes! Otherwise, there are chances of getting blamed by others. Who does understand your affection and care? Perhaps a detached life is a good option but we cannot run away from the world, our duties and responsibilities?

Relationship is driven by faith, without it, it is fake. Betrayal has become universal. But, the strange thing is that people are building relationships out of outer looks and appearances and these are always deceiving. Because of not understanding the true self, having no idea of consciousness, we are seeing the outer look, this physical body and not the original immortal soul. The knowledge of the world drama will make us detached and loving. Developing the understanding of our true nature as a human being such as love, purity, knowledge, power, divinity, peace and contentment can be permanent. Fulfil your duties for the family and have detached and loving life for the Universe.

One will be surprised to know that truly the world drama is a cycle of 5000 years and, this awareness has solved thousands of problems of the lives of people going to the Brahma Kumaris, in a professional or personal level.



## What pulls you down?

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**Time is now:** We need to come out from our comfort zone, break our limitations, which we have kept in our mind. We need to breathe enthusiasm, to bring firmness in our thoughts and take careful steps. So, let us climb the ladder of success! Don't let anyone or anything pull you down, no matter what happens.

***Enjoy climbing!***



# Dependency and Life

Changes are unpredictable, unprecedented, and irreversible. There is serious demand for sympathy, understanding and sensibility. Life is getting complicated, confusing and constrained with too much networking as if we have forgotten our relationship with the self. All the time, the mind is suffering from attention deficiency.

Days and nights are two parts of life. Time has come to move towards the light of knowledge and clarity. Everyone fights for bread and butter, hardly anyone are satisfied; it is all about cut throat competition for money and position. People are struggling hard to keep pace with changes.

How many of us believe that we need so much information. Too much communication make things complicated, unclear. Why not make life simpler and lively? Living in a virtual or abstract world is fun and entertaining, but dangerous. Can we live one day without a mobile phone? Let us try! Will we realize how many messages are important?

It is essential but is it mandatory or compulsory? Dependency makes us disabled. I have seen life become successful and simple with less and clear communication. How many of us get the time to contact the self, to spend some time for the self and for our own feelings? How many of us get the time to contact some good persons, who did something good for us in the past?

Let us save time and use it properly. Time is precious and psychological attention is also invaluable. Why not take out time to prepare for self-development in the field of matter and spirituality? If you are benevolent enough, then engage the self for some social cause. Make your future prosperous and bright by thinking about the nation. Refresh your life with something good, liberate yourself from old habits and dependency. Never depend on objects, persons and media.

## Pros & cons of Group Effect



1. Division of work among the group members.
2. Time saving as everyone contributes.
3. Cooperation and mutual understanding enhance love and mutual respect.
4. Emotional sharing reduce psychological burden.
5. Talking negative of each other and about other groups in the group is detrimental to group cohesiveness and bonding.
6. Group members contribute their speciality for completing a task.
7. If the dominating member of the group does not allow others to come out then that is wrong.
8. Because of politics, a part of the group may be dominating, that develops walls and barriers.
9. If the group members ignore the idea, the contribution and the intelligence of a shy member, that is bound to end with disaster.
10. If the group is not allowing a good person to speak then that is a sin.
11. Some of the group members remain passive and do not take much interest to participate, they should be encouraged.
12. Inter coordination among the members is more important than just individual cooperation.
13. There should be understanding and sympathy among group members.
14. Sometimes one thinks that it is easy to do something of your own than persuading others but still maintain the team work.
15. With time, the interaction between group members will develop faith and understanding which will make life and work comfortable and loving.
16. When male and female members are present in the group, extra precaution should be taken.
17. It is very difficult to know the underlying relationship among some of the group members. Have patience and understanding.
18. Respecting each other and respecting others abilities, ideas and interests is important.
19. Ignoring the presence of a group member and one's willingness for contribution is dangerous.
20. Back biting, complaining against the group member can be dangerous.

## News from around the corner

### Indian men spend only 19 minutes a day on chores:

A recent survey done by the Organization for Economic Co-operation and Development (OECD) says that an average Indian man has the dubious distinction of spending 19 minutes a day on routine housework which is among the lowest in the world.

In Slovenia, men spent 114 minutes a day, followed by Denmark & Estonia. It is a socially accepted reality in the Indian households, even when both spouses are working, that women end up handling most household chores.

### Trucks banned from carrying protruding rods:

The government has banned vehicles from carrying rods, pipes or any protruding material beyond the body frame. The road transport ministry has deleted the provision in the Central Motor Vehicle Rules (CMVR) that allowed protrusions to one metre. In 2012, at least 9,100 people died in 28,217 road accidents caused by load protrusions and at least 29,500 people were injured.

# 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. Govt. Industrial Training Institute, Solan (Himachal Pradesh) BK Bhagwanbhai, BK Saraswati, BK Kabita.
2. Youth program at Sangam Tirthdham Ahmedabad.
3. Kumars Bhatti at Sarangpur, Ahmedabad, Gujarat.



Join us...



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For more information about Youth activities, please visit

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