

### “ Challenge Your Limitations ”



The power youth possesses is immense as it is physical and mental energy, which are at its heights. However, each one of us may have certain limitations. It is wise to understand and know our limitations, clear the dullness, which is created within. It is not wise to sit idle and accept our limitations. You need to feel yourself and experience that originally we are a pure soul and then, cultivate your behavior and do your actions accordingly. This will help you crack your limitations.

**BK Chandrikaben.**  
Editor, Youth wing Newsletter,  
National Coordinator,  
Youth Wing-RERF

Through an impure & negative thought coming in your mind, you will not win the situations. As we are wearing necessary safety equipments while doing certain types of work, which are helping us to cross certain physical limitations, similarly there is no need to fight our limitations but instead make a high jump and cross them. This will be the measurement of our strength, our courage and lot more.



“ Spirituality means to open the eye of the mind and, on the basis of that, to realize who I am – Dadi Janki ”

Spirituality means that I should be connected with the Source. For that I need to have the recognition of that Source. Who is He? Where does He reside? In fact God is One. He cannot be different for different religions. He is One for all. If I say that Christ belongs to the Christian religion and someone else to another religion, then I create conflict. Instead of more spiritual power, there will be even more wars and even less love between one another. Spirituality means to have eternal spiritual love for each other whilst maintaining that incognito, internal connection with God. This is only possible when I become introverted, and when I am able to keep my mind under control through the power of concentration. Today, human beings' minds and sense organs are not under their control. The sense organs cause us to perform very bad actions by coming under the influence of lust, greed and anger. Spirituality means to make my mind free from all these things—to let these desires finish.

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# How to handle Loneliness



Do you feel alone sometimes?

Who becomes alone? When a person is not able to share his feelings, he feels alone.

Why people become alone? An intimate person to whom he used to share his feelings has gone out of reach then a person feels alone.

Is loneliness natural? No it is not natural. We all like to love and to be loved. We feel happy when we cooperate and work in unity.

I am OK alone. But when I am in group, I am not OK. Do we call this as OK? No, it is absolutely not OK. When there are many people around then also a person may feel lonely. We are a part of society and our natural instinct is to remain in family in the company of friends and relatives.

What loneliness indicates? It indicates that time has come to look within. Because loneliness is a serious sign of future defeat. If you are feeling alone you are in danger. Loneliness is a personal problem. We must find out the way to come out of loneliness.

Some of the common features of a lonely person are:

- ❖ He/She will have minimum communication with anybody.
- ❖ He/She will remain aloof.
- ❖ He/She may not be able to accept the world around.
- ❖ He/She may think all are wrong or do not match with him.
- ❖ He/She will be a very stubborn person, not able to mold himself.
- ❖ Some action must have been committed through him which he/she is regretting cannot share with anybody.
- ❖ He/She is depressed.

How to come out of loneliness? Firstly, the need to look within, to know that you are not alone. You have a mind, an intellect and a personality. You are a team within. Secondly, you, the eternal being, the soul is a part of a huge world family.

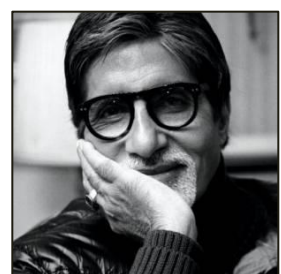
It is said that this world is a family so you need to look out for the godly family through whom you can reach the goal of your life. A common goal bring people together.

Thirdly, you are not alone as you have a spiritual Father to whom you can say anything.

To get over loneliness, write down at least 25 dreams of your life which your mind wants to attain. Target aims and objectives. Then select 5 from those 25. Then finally link the 5 with one another so if one is achieved all others will follow.

You must also know that whatever has happened in your life, has happened with many others too however bad it was that you could not discuss with anyone, so you are not the only one.. And you have a person in your life with whom you can share all your personal secrets of life including the most horrible dreams in order to overcome them. And that person is God, make him your friend. Ultimately success is yours. Failure is never final. Write down daily whatever comes to your mind and give that letter to the Supreme Healer, God. Then, you will never be alone.

*Article by  
B.K Vibhor  
Agra, U.P*



**Amitabh Bachchan,**  
**Bollywood Actor**

I dream of a truly free and fair society and I wish we could get there soon. I wish for a greater quotient of literacy and discipline for our countrymen. I firmly believe education and discipline are the factors largely responsible for progress in our country, specially education. If proper education is given, discipline automatically comes out of it.

**DON'T LIMIT YOUR  
CHALLENGES  
CHALLENGE  
YOUR LIMITS**

# Understanding Freedom



What is freedom? Does it mean doing what I want to do? No one should be telling me what is right or wrong. We often find people thinking that living a life without rules is freedom. But is that true? If my actions affect someone else, is that the right kind of freedom?

To be free means to be light. To feel a deep sense of enjoyment internally. Not being dependent on anything external for my peace & happiness. Not being a slave of something which is not in my control to elevate me. That is real freedom as it's never lost, it's imperishable. It's not dependent on anything and it's my property.

What is it that bind the soul? It's truly the needs and the wants that bind us. And hold us back from living a truly free life. All the different vices bind the soul. When I am deeply attached to something or someone, my actions are not unbiased. My decisions are not free. I am under the shadow of another soul. I don't live in the present moment. My thought space is occupied by the person or the thing.

If my Ego can be hurt easily, I am never free. I am always worried of being insulted. Any action of others can make me lose my self-respect and get into a low state. I keep thinking why a person said something to me. I analyze a scene from all angles, draw conclusions. And find reasons to be unhappy. I am dependent on others to make me happy by giving me praise and acceptance. Even if it's not real. Some words of praise give me a high and I feel good about myself. But I am what I am. Each one of us is an independent soul. If I learn to be happy and content with what I am then I am not bound by this desire to be praised by others, or worried thinking what others think about me, or how others see me.

A truly free soul is one who is always satisfied. This may be achieved by accepting things the way they are. Some people might see contentment as laziness. But there is a subtle difference between laziness and being satisfied with things. If we learn to be unhappy with things we develop a habit of being unhappy.

Then even if the reason for dissatisfaction is gone we will still be dissatisfied with something else. Because the mind has learned to want something all the time. And when we learn to be satisfied we will be happy in all situations. And life takes its own course. We can't drive things. A scene in drama is supposed to play out completely. It cannot be stopped in between. If we cultivate the habit of being satisfied we will not spend our thought energy in trying to change things. But we will spend it in enjoying the present. And if we look at it from an objective point of view, things of the past and the future are beyond our control. It's only the present which is in our control.

So let's contemplate on what freedom means for each one of us. And let's not postpone living.

**Because every moment is precious**

Om Shanti.



Article by  
B K Shikha  
Chandan Nagar, Pune

# HAPPY TEACHER'S DAY



“ Spirituality means to open the eye of the mind and, on the basis of that, to realize who I am” - Dadi Janki ”

**Cont. from Page 1**

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## Words are more powerful than “Swords”

Day by day, the respect and importance of a teacher should increase. Nowadays, teacher can earn more than corporate professionals. But the satisfaction of being a teacher is decreasing, because the teacher feels that he has left the world of corporate or company job to teach.

A teacher is asked to do all file works, mid-day meal arrangements, election surveys, etc. A teacher gets a chance to teach in schools, but in colleges, the situation is precarious, there is only 5% attendance. I do not know why society is so casual about the education system.

During my Graduation exam, I found students cheat, and the professor was just watching helpless. What can professors do against thousands of irresponsible students? This is how we respect our educational system and our education providers? Students don't earn marks, they demand them. Unprotected teachers are forced to give more than 80% marks on subjects in professional institutions. There may be a few good institute where students study hard. In certain part of our nation exam is free and fair.

Please do not shut your eyes from educational system. We know that basic education is getting costlier and unaffordable to some. Pressure of corruption is increasing. I am appealing to students “the boat of truth will shake but never sink”. And truthful person do face problems but victory is certain. Words are powerful than sword. Invariably, our act is more important than word. Let us get rid of the gap that exists between acts and words. Let us practice what we preach.

If one considers education as something very important then one will have respect for himself/herself and be satisfied. Let us join our hand to maintain the sanctity of education. Educational institution is a temple. Teacher are not giving up and you students, are the only hope for them.

***So, salute all teachers on Teacher's Day.***



“ To be an embodiment of solutions is to experience inner power. ”



### **Projection:**

During challenging situations, the one who is able to see things clearly is able to bring about solutions. To work with honesty means to see things clearly. The one who is able to bring about a change in one aspect is able to apply this learning in many more things and he finds his entire personality changing.



### **Solution:**

When I am constantly looking for solutions I am able to bring about a change from within. Each experience teaches me something new and enriches me. My perception continues to change and with each passing situation I become more and more positive. So I find myself powerful for all situations in life.

# 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

1. Shri Rajiv Gupta, Secretary - Ministry of Youth Affairs and Sports, addressing youths at a session on Internet Revolution and Youth Dynamism, under Youth - In search of Success Retreat at Gyan Sarovar, Mount Abu. BK Lalitbhai, BK Karunabhai, BK Chandrikaben, BK Saurabhbhai and BK Falguniben are seen.

2. Inspiration 3, a national level youth wing members retreat



2



3



4

3. B K Arun, B K Rattan and B K Jitendra, Mount Abu, in Ignite the Youth program at Jankipuram Lucknow.

4. Barshi: Touch The Light Program by Somprabhben held at Karad English Medium High School

Join us...



Youth Wing, Rajyoga Education & Research Foundation  
 C/o Brahma Kumaris,  
 6 & 7, Mahadevnagar Society,  
 Opp. Akar Complex, S.P. Stadium Road,  
 Navjivan, Ahmedabad - 380 014  
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 Mobile : +91-9427313773

Learn to meditate. For information about free Raja Yoga meditation courses, visit [www.brahmakumaris.com](http://www.brahmakumaris.com)

For more information about Youth activities, please visit [www.bkyouth.org](http://www.bkyouth.org)

# Inspiration 3

Meeting  
Cum  
Retreat

Shantivan campus  
Mount Abu  
3<sup>rd</sup> September to  
5<sup>th</sup> September 2014



Youth Wing Committee Members



BK Chandrikaben, BK Divyaben, BK Atam Prakashbhai



BK Mamtaben  
coordinating the meeting



BK Atam Prakashbhai  
(HQ Coordinator of  
Youth Wing)



Candles lighting ceremony by left to right: BK Kishorbhai, B K Rattanbhai, BK Atam Prakashbhai, BK Divyaben, BK Chandrikaben, BK Kamleshben, BK Ansuyaben



BK Munniben, BK Chandrikaben



BK Divyaben addressing the  
youth wing life members



Workshops in groups for  
further planning of youth



# YOUTH IN SEARCH OF SUCCESS

National Level Youth Retreat

Gyan Sarovar, Mount Abu  
29<sup>th</sup> August to 2<sup>nd</sup> September 2014

Candles lighting ceremony by youth wing committee members, Brothers



Candles lighting ceremony by youth wing committee members, Sisters



B K Chandrikaben  
(National Coordinator of Youth Wing)



Prof N B Sudershan Acharya  
(founder of Lead India 2020 Foundation)



Candles lighting by guests left to right: B K Atam Prakashbhai, BK Mohanbhai Singal, Dr. S C Pran, B K Dr. Nirmalaben, Prof. N B S Acharya, B K Chandrikaben



BK Dr. Nirmalaben  
(Director of BK Centers in Australasia & Gyan Sarovar Academy)



BK Atam Prakashbhai  
(HQ Coordinator of Youth Wing)



Dr. Chandra Shekhar Pran  
(VARDAN - Volunteers Association for Rural Development and Networking)



Workshop for participants



BK Chandrikaben gifting Shri Rajiv Gupta - Secretary Ministry of Youth Affairs & Sports



Workshop for participants



Cultural program by BK brothers from Ahmedabad



Participants of the retreat



Dialogue on Internet Revolution & Youth Dynamism left to right: B K Krutiben, B K Lalitbhai, B K Karunabhai, Shri Rajiv Gupta, BK Saurabhbhai, BK Falguniben