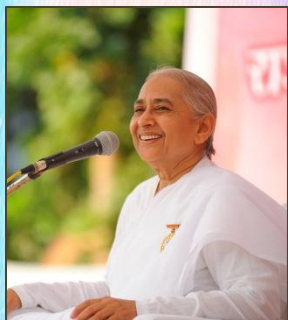


## “Youthful greetings for National Youth day”



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

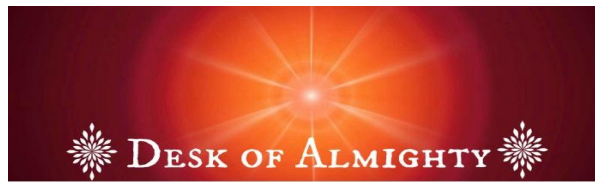
The new year has begun. And so are our thoughts, which are showing the will to do something new towards self-development, career development or to take steps ahead from wherever we are.

### My youthful greetings for the New Year and the National Youth Day!

On 12th December 2015, we had organized an International Dialogue - 'the future of power', in which the participants were young 'enlighten youth leaders' from various fields from all over India and some from overseas. I was overwhelmed to see that these youths were very eager to bring a change in the self and were also ready to do activities for building the Nation. I wish your thoughts, deeds and actions will lead our country towards prosperity of all sorts.

The evening 'talk show' was also thought provoking. You can watch on

<https://www.youtube.com/watch?v=Mbnvg1Pergo>



Sweet children, in order to go to the land of happiness, become a bestower of happiness. Remove everyone's sorrow and give everyone happiness. Never become a thorn that causes sorrow.

### The Rise & The fall

As kids we all hear mythological stories of the existence of a perfect world up above in the sky. The world where deities live. A world of magic stories, where there is no pain or suffering. Where everything is available to everyone. We hear stories about the flying angels, *Farishta*. These angels come to the rescue of those good hearted people who are somehow caught up in some difficulty.

*Continued on page 3*



## Brahma Baba

*The Father of Humanity*

On a physical level, Brahma Baba was a man of stature, with soft white hair and a handsome visage.

On a spiritual level, his presence was soothing and gentle, and from his eyes emanated wisdom, understanding, compassion and strength.

Brahma Baba, born into a humble home as Lekhraj Kripilani in 1876, was the son of a village schoolmaster. Lekhraj was brought up within the disciplines of the Hindu tradition.

*Continued on page 2*

### 12<sup>th</sup> January declared as National Youth Day!

#### Tribute to Swami Vivekananda

He said: "Anything that makes you weak physically, intellectually and spiritually, reject as poison".

So what is making us weak in the present time? We can underline 3 main things: addiction, indulgence and bad company. Bad company is the deadliest poison, it is not only a person, but electronic and print media which are divulging vulgarity and violence. It should be avoided.

He also said: "Talk to yourself at least once in a day, otherwise you may miss a meeting with an excellent person in this World!" "You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul".

Self-introspection and self-talk heals the wound of our emotions and guides the self towards a positive direction. So, early in the morning and in-between your busy schedule, one must devote sometime for self-diagnosis and self-motivation. Positive relations with the self will open up doors to have positive relations with others.

*Whatever you think,  
that you will be;  
If you think yourselves*

*weak you will be;  
if you think yourselves strong,  
strong you will be...*

# Inside...

**Brahma Baba**  
The Father of Humanity

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**National Youth Day**  
Tribute to Swami  
Vivekananda

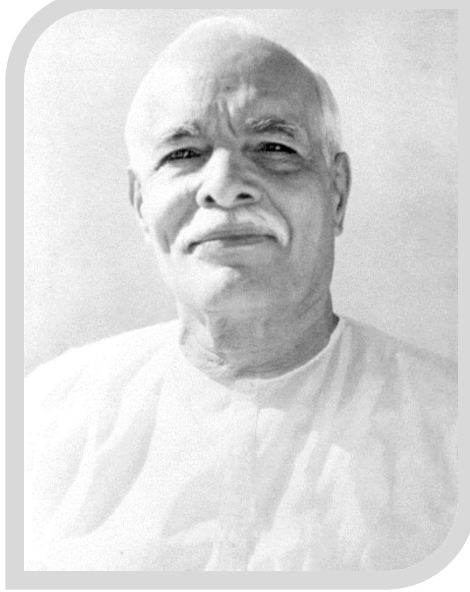
Page 3

**The Rise & The fall**  
Into a pure and happy  
world again

Page 3

# Brahma Baba

*The Father of Humanity*



## *Brahma Baba - The Father of Humanity*

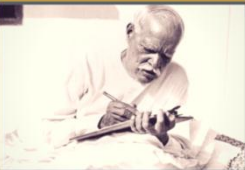
He did not follow in his father's footsteps as a teacher; instead he entered the jewellery business, earning considerable fortune as a diamond trader. As a businessman and as a family man, father of five children, Dada Lekhraj maintained a highly respectable position within the local community and was known for his philanthropy.

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 felt called to invest 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.

## Brahma Baba's Legacy

DESK OF BRAHMA BABA  
PERSONALITY OF PURITY



I AM A MASTER WORLD CREATOR.  
CREATE EVERY THOUGHT AND  
PERFORM EVERY ACTION WITH THIS  
SELF-RESPECT AND YOU WILL  
AUTOMATICALLY DEVELOP THE  
VIRTUE OF HUMILITY AND EASINESS.

IF YOU SERVE CONSIDERING  
YOURSELF TO BE AN INSTRUMENT,  
THEN YOU WILL EASILY BE ABLE TO  
STEP AWAY FROM ATTACHMENT AND  
SUBSERVENCE.

YOUTH WING, BRAHMA KUMARIS  
WWW.FACEBOOK.COM/BKYOUTHWING  
WWW.BKYOUTH.ORG

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 – Tower of Peace

Brahma Baba passed on 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.



“निराकारी, निर्विकारी और निरअंहकारी”

18<sup>th</sup> January, Avyakt Divas of Brahma baba



**12<sup>th</sup> January declared as National Youth Day! Tribute to Swami Vivekananda**

After every happiness comes misery; they may be far apart or near. The more advanced the soul, the more quickly does one follow the other. What we want is neither happiness nor misery. Both make us forget our true nature; both are chains--one iron, one gold; behind both is the Atman, who knows neither happiness nor misery. These are states, and states must ever change; but the nature of the Atman is bliss, peace, unchanging. We have not to get it, we have it; only wash away the dross and see it.

**Youth Wing  
Puzzle maker**

Search the words and send your answer to [newsletter@bkyouth.org](mailto:newsletter@bkyouth.org)

P	O	D	X	O	J	G	E	Y	O	Y	E	T	R	I
P	I	B	S	P	S	V	O	G	N	X	Y	N	E	T
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|-------------|-------------|------------|
| ACTION      | AGE         | ATTAINMENT |
| BELOVED     | CHILDREN    | DEPTH      |
| EGO         | EXPERIENCES | GOLDEN     |
| HEAVEN      | HEROES      | INCREASE   |
| OPPORTUNITY | PARADISE    | PILGRIMAGE |
| REMEMBRANCE | RESEARCH    | SOUL       |
| SUCCESS     | SUPREME     |            |

# The Rise & The fall

*Cont. from page 1*

And we also hear stories about a world down under. A world of devils, where people are given pain in unimaginable ways. In that world everyone is evil, thinking of harming others.

The pure and perfect are shown as light, flying and happy. They have all powers and attainments. They think good and do good to all. Their love and good feelings are without boundaries of mine and yours. And the impure are shown as ugly and greedy and heavy with the burden of evil.

In reality there are no different physical worlds. There is only one world. And it is determined by our state of mind. Positive and powerful thoughts change our internal world and we experience being in a world of happiness. Negative and waste thoughts give us the experience of being in hell. Heaven and Hell are truly created by our thoughts and state of consciousness. But the collective consciousness then gives shape to the outside world.

Nature which includes all other living creatures also experience pain because of our negativity. Nature takes shape as per our consciousness. In a world of negativity even animals become ugly, they experience and give pain. The negative vibrations irritate nature and it responds by bringing natural disasters. In a pure and perfect world, nature is also pure and responds by giving all its goodness to the Human souls. In such a perfect world there is never any natural calamity or upheaval.

In the beginning everything is pure and beautiful and in order. With time gradually the degree of purity starts coming down. Everything has a tendency to go from a state of order to a state of disorder. No external force is required to create something old and disorderly. But external force is required to bring things in order or to create something new.

When trying to grow a good plant we need to give lot of care and attention. The number of good plants is less as they don't grow automatically. We need to get good quality seed, have good soil, keep attention to give proper water and sunlight to the plant. And then with time it takes shape and reaps the fruit of our hard work. However, weeds don't have to be grown. They germinate automatically and then multiply rapidly. We need to put effort to take them out. Our thoughts are much the same. Positive and powerful thoughts have to be planted in the mind. They are the seed of our action, attitude and ultimately shape our personality. Negative thoughts however come easily and multiply rapidly. We have to put in effort to replace these negative and waste thoughts with positive and powerful thoughts. Positive thoughts are less in number, they are powerful and they nourish our soul. Not just our own self but they charge the environment around us. Negative thoughts are more in number, they are weak, and they exhaust us quickly.

The process of meditation is not nullifying our mind, but replacing negative thoughts with positive thoughts. There is effort in this process and initially it can be tiring. But the reward is multi-fold. Just like growing a good plant, we need to have good thoughts which are the seed, then nourish them by reminding ourselves and giving force to the positivity. This is like giving water and sunlight to the seed of thought. And take care that some stray creatures don't destroy them. Which means not allowing the surroundings to affect our positivity, not involving ourselves in useless gossip or feed our mind from the many sources of waste and negativity.

When the collective consciousness of many human souls turns from negative to positive and reaches a threshold, the transformation of the old world starts and it turns into a pure and happy world again.

*B.K. Shikha, Pune*

# 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. Future of Power Talk show - From left to right: Anthony Phelips, Rohit Roy, Dr. Dwani Sharma, Dan Howard, RJ Dwanit, Bhavya Gandhi. 2. Future of Power group Photo. 3. Audience, Future of Power program. 4. Youth Program at Lucknow. 5. Youth Festival at Bhinmal from 24 to 29/12/15: Ravindra Singh Balavat, BJP jilhadhyaksh; Savlaram Devasi, Chairman municipality; Hinglajdan Charan, BJP Yuva Morcha Jilhadhyaksh; Ashok Anjana, CI; Dinesh Khandelval, Adhyaksh bar Association; Bk Govind; Bharat Singh Bhojani, City President BJP; BK Govind, Vishakhapatnam (AP); Omprakashji Khetavat, Ex-President Bharat Vikas Parishad; BK Jitu, Youth Wing Committee Member; BK Geeta, Center Incharge. 6. Audience, Bhinmal. 7. Youth Program at Mysore, "Appreciate The Self": BK Jignesh, Youth Wing committee member, Sri M. N. Nataraj, District Youth Coordinator Nehru Yuvaka Kendra, BK Lakshmi, Mysore Sub-zone Incharge, BK Atamprakashji, Youth Wing Headquarter Coordinator, Sri K.V. Suresh, District Officer Dept.of backward classes & minorities development Madikeri; BK Ranganath, BK Pranesh. 8. Audience, Mysore.

Join us...

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