



Its March-April time. Young Student will be facing exams. It is a stepping stone to move ahead. Without exams it is not possible to move forward. It doesn't mean that after student life there will be no exams. Life tests us at various stages in various form. But it is up to us how to face and succeed.



I want all of you to face your exams boldly. With will power, concentration, pure and positive thoughts for you and for the results. Have faith in the preparation you have undergone. Meditate, give self-motivating thoughts to yourself and prepare yourself for the best. Never ever have negative, weak thoughts for you, for result or for what society will think of. Life doesn't end with single exam. We have to create our own opportunities and design our own future. **Best of Luck.**

BK Chandrikaben.

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

“Moving forward, climb step ahead”



Reflection & Realization

“ Life's situations are a game for the one who is prepared to face challenges.”

Expression:

For the one who is a skilled player, every situation, however challenging it may be, seems like a game. Even the most difficult situation is faced bravely, knowing that it has come to teach something and increase the skill within. So such a person becomes a source of support to those around during difficult times.

Experience:

When I am aware of my own skills and specialities, I am able to face all life's situations with lightness and confidence. I enjoy everything that comes my way. I also am able to experience progress as I use all situations as a means for further increasing my own potential.

Wishing you and your family a very bright, colourful and joyful holi.

Words of Wisdom
by Badi Janki

“ Simplicity brings freedom”

SIMPLICITY

No need to think too much. Learn to make less effort and receive greater attainments. Have simple food, simple clothes etc. but make your thinking elevated. Stay happy and give happiness to others. When everything is simple in this way, life is sweet and easy. I do not burden others nor carry the burdens of others. Be tension free. When we stay simple, there is no tension. Tension leads to depression. Understand that nothing is mine. Be free, nothing is really yours. Understand that whatever is God's, is mine. His are the qualities of purity, peace, love, and power. When I stay light I am able to draw might from the One.

UNCHI SOCH YUVA KI KHOJ
Under The Umbrella Theme
Igniting The Mind For Empowering Bharat.

Youth Seminar cum conference
13th May, 2016 Friday to 17th May, 2016 Tuesday
<http://bk youth.org/index.php/upcoming-events-2>

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Interview

With Mrs Janita Hargovan, a youth of 38 years old living in Zimbabwe



1. How did you accept meditation in your life?

Initially, I had no idea about meditation. I was seeking answers about what we were doing in Bhakti which my parents could not explain... I was also seeking to understand God and if he really does exist what he was all about.... I listened to many satsangs ... But didn't get the experience I was seeking... Still felt lost.

Then I came along the path of spirituality in particular Raja yoga meditation What I enjoyed was the logical explanation behind everything that we as Human beings do.

The silence and inner peaceful feeling that came about when meditating encouraged me to accept meditation as part of my life. Particularly spending quality time with myself.... Enjoying my own company.

2. How does meditation help you in your daily timetable?

Meditation is a must to practice daily ... I say this because when I miss even one day I feel as though I've missed a meal. My day that day will not be great or fruitful. So it helps to bring success out of my day and it's tasks. It helps with concentration as well as alertness. I'm able to be aware of a lot more things yet manage all the things one at a time. It gives me the ability to manage my time and energy effectively so that I'm not exhausted and drained by the end of the day.

3. What message will you give to youth?

In today's rapidly growing demanding world ... The stress and pressures put out there whether in our studies or at our workplace can definitely be handled better with the incorporation of meditation in one's life. Especially now, it's not only essential but extremely important to have this practice or habit in order to keep our mind, body and soul on track.

4. What do you think about today's youth?

I think the youth of today are extremely intelligent and have a lot to offer to make our world a better place to live in.... The only thing is they need guidance on how to channel this energy that's within them. They need to be given a chance to be heard as the ideas they have to offer may not follow the norms of society but I feel can definitely help to shift the way the world works now in a more different yet positive direction. The youth can do a lot but lack motivation If given I'm sure wonders will happen.

5. Narrate an experience that made you firm to follow spiritual life!

For me.... It was in my college years.. The relationship I developed with God through meditation helped me to boost my self confidence from 0 to 10 (from a scale of 0-10). My performance in my studies excelled and friendships grew. I felt a complete shift took place from within and I loved this new me. The love and encouragement given by my spiritual teachers helped me make clear decisions about what I wanted in my life... I was able to listen to my own inner voice.

It was this experience that made it firm for me that spirituality is the way of life.



Meditation is the process of getting to know yourself completely, both who you are inside and how you react to what is outside. Above all, meditation is enjoying yourself in the literal sense of the word. Through meditation, you discover a very different "me" from perhaps the stressed or troubled person, who may seem superficially to be "me". You realize that your true nature, the real you, is actually very positive. You begin to discover an ocean of peace right on your doorstep.

Thought from today (Brahma Kumaris UK)

Healthy youth for a healthy future



Do you know that the body, to function well, needs nutrients on a daily basis? So let's take a brief look at it. Human bodies need a set of essential (replenished through external foods) and non essential nutrients (made by the body itself) everyday. Broadly, these essential nutrients are of six types: fats, carbohydrates, vitamins, minerals, protein & water. Depending on our type of diet, Lacto Vegetarian, Lacto-ovo Vegetarian, Eggetarian, Vegan or Non-Vegetarian we should plan our eating habits.

Generally, we come across complains of headaches, tiredness, stomach aches, dizziness, sleepiness, lack of memory retention, lack of concentration and many more of such types. We normally tend to blame it to external factors like weather, conflict in relationships and pressure at work, followed by a visit to a doctor paying consultation and medication fees. The doctor diagnosis the symptoms of disease and provides the required nutrient in the form of medicine. Well you could smile after reading this, but seldom do we closely look at its root cause and the fact is that our plant and animal foods are powerful enough to take care of such minor issues.



Cooking is a science and nutrition is a part of it. If we are aware of our daily food nutrition then just with a little change we could reap optimal health benefits. Therefore, if we care for our body today, tomorrow it will care for us.

BK Shobhit
Center: Gomtinagar, Lucknow.

They are many types of fears. It can start with small fears or big fears. I call this 'big' fear because if they are not removed on time, it will result into a low self-confidence, no desire of growth, disinterest in doing new things, and eventually one loses interest in life... So whether it is big or small, fear is fear and so be determined not to let any place for fear in your life....

To remove any kind of negative emotions from inside us, we need to know what exactly the meaning of fear is. According to me, fear is just an imagination of future crisis. It starts with negative thoughts based on past experiences. Be aware that anything done or thought repeatedly, the subconscious mind makes it our habit and then it becomes our attitude and then our personality. Hence, if you give up trying new things, you will always resist to change and ultimately it will block your growth.

Amongst all the vices, fear is called the seventh vice after lust, anger, attachment, greed, ego and laziness. And it is very important to remove fear so that we can live a better life.

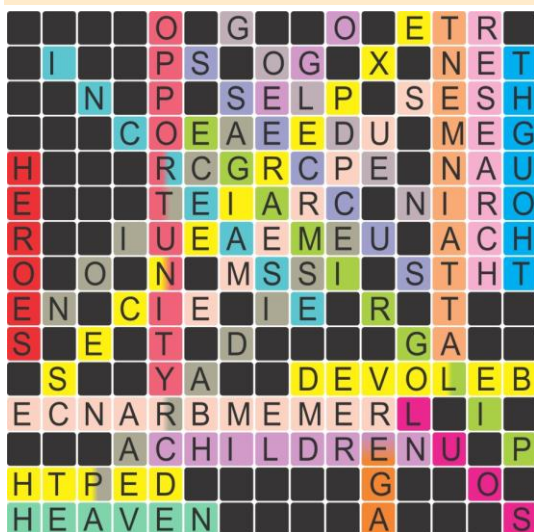
When you want to remove any negativity just replace it with positivity. It is much easier than removing it. The best thing with which we can replace our fear is 'faith'. They both can never stay together inside us. You can never have faith in something for which you have fear. E.g if you have faith in your preparation then you will never have fear of failure.

Here we shall stop and check ourselves properly which personality do I have? You can check it like this, if I am fearing most of the things then I will always act within my comfort zone. Anything new and not followed by people, I will also reject that and convince myself that whatever they say is right. On the other side, if I have faith then I will always be exited to do new things. I won't be disheartened by failure easily. Whenever I will fall down, I will get up and say, this time I will surely accomplish this thing.

Now we know that we can replace fear with faith. But the question is how to develop faith? Can it be developed? Answer is, yes!!! It can be developed if we properly pay attention to it.

Youth Wing
Puzzle maker

Answer of
puzzle of
issue 24



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



2



3

1. Bhatwati B K Ujwala – “Clean Mind Clean India Begin With Me”
2. Student writing her views about Clean Mind Clean India Begin with Me.
3. Swachh, Swastha, Swarnim Bharat Rallye at Guhagar.



A free mind is a mind that is open to everything and attached to nothing. Most people spend much of their time looking for reasons to be offended. An open mind is never offended because it is free of any attachments. It is never the self that is offended but always the illusion that the self has of itself that is affected by insult! If you can really understand this, deeply grasp it's truth, live it each day, then pain will be no more. Next time you “feel” offended look closely within yourself at yourself and ask yourself what was offended? If you remain aware you will see that it was only an image of yourself which you had become attached to, and that image did not resonate with the image contained in the insult. If you weren't attached, if you didn't identify with the wrong image of yourself then there would be no offence taken. You would then remain free and therefore happy.

Join us...



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