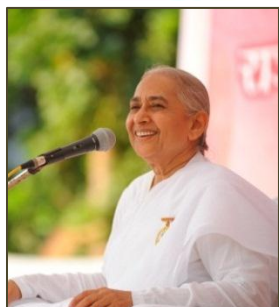




July-August, 2016

Turn your wheel



During our youth age journey, many a times we may leave or loose highway and knowingly or unknowingly turn our wheel on small roads. This results in wasting our time, energy and thoughts. We get exhausted - physically & mentally.

As soon as you realize, turn back to the main path. Don't feel guilty for having selected the wrong road. While on your journey give heed to the arrows, instructions, sign boards, milestones. Ask people who have already completed, or those who are ahead in the voyage. It is not necessary, that the mistakes done by our seniors should be followed. Toll tax, Petrol pumps, restaurants, flyovers, diversions have their own importance and are at their place. Enjoy it.

Re-start towards right direction

BK Chandrika ben.
Editor, Youth wing Newsletter,
National Co-ordinator Youth Wing, RERF.

Re-start towards right direction. Keep looking at the distance to cover, time you have. Fuel yourself with pure, positive thoughts. Make your journey memorable. Situations are side-scenes, don't lose your destination.



Inside...

“ Fulfill your promise instead of just keeping it in a file and you'll find progress. ”

Expression:

In all that you do throughout the day, check to what extent you are able to fulfill the promises that you make to yourself. Also check the reason for not being able to fulfill some promise that you have made recently.

Experience:

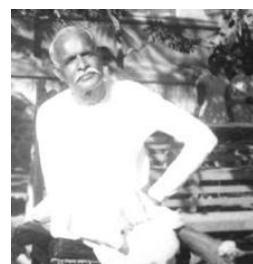
Think of that promise that you had made to yourself recently that you had not been able to fulfill and think of the reason why you had made that promise and how important it is for you to fulfill that promise. When you practice in this way you'll find

Emerging New Age - Addiction to "Porn"!
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Bring the specialty of determination to every thought and every action.



Desk of Brahma Baba

" It is your attitude at the beginning of a task that will determine your success or failure "

Let your attitude be filled with such good wishes that people receive the vibrations that they are receiving rays of peace from the store of peace. For this, let your mind be concentrated and filled with pure feelings and uplifted feelings.



Emerging New Age ADDICTION Porn

On most of the magazine counters found in railway stations, bus stations, etc. we find reading materials related to film and fashions. Hardly 20% magazines are relevant and good for the students. Why do people buy such unnecessary and costly magazines? Psychologists have discovered, in the name of fun people are addicted to vulgarity.

In the name of sophistication and advancement, people are crossing the line of character. The addiction to watch, read and think such obnoxious things is known as "porn addiction". It is even more poisonous than all other kinds of addiction (gutka, cigarette, alcohol, etc.) and even more dangerous than cancer. Cancer and addictions kill the body, but "porn addiction" is contagious, infectious and transmittable, it kills the ethics of the soul and it drains out both physical and mental energy of youths. Simply, it is a sweet and slow poison.

Many teenagers and adolescents are getting victim of this obsession, and they feel it is their right to watch such scenes. Even old aged persons in the name of passing time are getting addicted to view in papers and electronics media. Now, you decide what you want. There are different ways one can get rid of the Golden Cage of "Porn Addiction" and make the mind and the soul free.

i- Self-realization is the fastest step to correct. Who am I? To understand the difference between body and soul helps a lot.

ii- Understand the subtle negative effects of porn program on thoughts, on life and on relations.

iii- They may be boosting your confidence and personality for a short period of time but in the long run it is devastating your own state of mind.

iv- Get up early in the morning and freshen up and give up idleness.

v- Avoid TV program attached to vulgarity or violence, it is better to abstain from them completely and forever.

vi- Avoid bad friends absolutely without any compromise till you are not completely recovered.

vii- Never get depressed, keep yourself busy in social services or spiritual services along with duties and job.

viii- Make correction on food and beverage, avoid non vegetarian foods and alcohols and prefer milk, fruits, fruit juices, salads or vegetables which are good, nutritious and soothing food.

ix- Never read novel or detective stories which will disturb the sanctity or the purity of your mind

x- Never watch TV beyond 10 PM, this is the time of sleeping. Go to bed with a value based book which will keep your mind clean and stable.

xi- Do not be too much extrovert, do not be too much fashionable or showy.

xii- Give time for self-analysis, self-talk, self-healing and self-correction.

xiii- Remember the Supreme Father, have faith on Him, have patience to correct life and have sweetness and self-confidence.

xiv- Never procrastinate the self or never curse the self that you cannot be corrected or changed.

xv- Our original religion or property is purity, peace, power, knowledge, love, happiness and not sensual pleasure, jealousy, hatred.

xvi- The eternal self is beautiful, it is a divine energy, realize it.

xvii- Honestly confess yourself to your parents or someone on whom you have unshakable faith, they will be cooperative, they will appreciate your honesty and help you out. Write a note to God and keep a record of your daily routine before going to sleep to check your progress.

xviii- Take the oath of not repeating the same mistake. In case you do, don't take the luxury of hiding it, sin is sin, you may enjoy it but the outcome is dangerous. After confession or determination, committing the same mistake out of negligence may not be excusable, be careful, move ahead, reward is enormous in term of peace, prosperity, purity and in term of property also.

The Brahma Kumaris helps one to conquer this through some logical explanation. They are having centers throughout the world. You can visit their website. I had also taken support of their easy Raj Yoga practicing silence, introversion, positive thinking and meditation which helped me in correcting my negative traits and thoughts.

Still if you cannot reduce temptation, you may take the support of a doctor and at the same time continue practicing meditation as in the long run Rajyoga will cure you from such disease.

**By Shibprasad,
Pune**

Youth Wing, Brahma Kumaris
www.facebook.com/ukyouthwing
www.ukyouth.org



"All that you
are is a result
of all that
you have
thought"

The Circles of Life

We all go through the circles of life. We are born, we grow a child, grow an adult, grow old then one day we leave the body and continue our journey in the next birth. We have the circle of the day and night with the different weathers. And there is one more circle that mostly no-one are aware of and that is the circle of this world called the World Drama Cycle. This circle goes from a world being beautiful and pure and gradually degrading with the passage of time. All the human souls gradually lose their positive energy. And the world reaches a stage when everyone starts looking for an end to it. The suffering becomes so immense that humans as well as all other living creatures and nature cannot take it anymore. Finally, it reaches a stage of complete deterioration and impurity that it needs to be renewed again. But at this stage, when the world has become old and battered, full of negativity, it takes an immense powerhouse of positive energy to start the process of transformation.

In the physical world, the sun plays a very important role. When night falls, darkness is surrounded, then when the sun rises, it brings a new light, a new energy. Life on earth is not possible without the sun. Maybe that is the reason why it's almost treated like a God. In the similar way, when the world reaches a stage when everything is hopeless and the shadow of darkness and ignorance has spread, we need someone as powerful as the Sun to destroy all negativity and bring a new light. And this Sun is the Supreme Power or God, the Incorporeal, the Almighty Authority, our Supreme Father, Supreme Teacher and Supreme Guide (Satguru), who is an immense powerhouse of positive energy and hope. He brings with him the power of transformation which changes the world from old to new. He turns the night of the world drama into a day and brings a new Dawn. And this is how the Cycle starts all over again.



-By B.K Shikha, Pune

Youth Wing
Puzzle maker

Value puzzle solution of
May/June, 2016 issue

R + N + + Y H + + Y + P A S +
+ E + O E + T A T + + H W S +
+ + S C I + M I P + + I A I +
+ + A P + T S + R P + L R L +
+ E + + O O A + + U I A E B +
P O W E R N I R + + P N N + +
L + + E + + S + E + + T E + +
+ O N + + + U I + P + H S S + +
+ E V + + + H + B + O R S + S
G + + E + + T + + I + O + + +
+ + + + + N + + + L P C + +
E X C E L L E N C E + I + + +
E G D E L W O N K + + C T + +
G N I D N A T S R E D N U Y +
+ + + + + + + + + + + + +

(Over, Down, Direction)

AWARENESS (13, 1, S)
BLISS (14, 5, N)
COOPERATION (13, 11, NW)
ENTHUSIASM (7, 12, N)
EXCELLENCE (1, 12, E)
GENEROSITY (1, 10, NE)
HAPPINESS (7, 1, SE)
KNOWLEDGE (9, 13, W)
LOVE (1, 7, SE)
PEACE (1, 6, NE)
PHILANTHROPIC (12, 1, S)
POWER (1, 6, E)
PURITY (11, 6, NW)
RESPONSIBILITY (1, 1, SE)

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To admit my
MISTAKES
is a sign of
Strength.

The biggest disease of the mind is over-thinking, especially too much thinking about others. Thinking too much is like eating too much. The heaviness makes it impossible to remain light

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. Igniting minds for empowering Bharat, Youth festival, Kamma veedhi (Vizianagaram) 2. Brahma Kumaris activities - NSS SDS Autonomous College, Garividi. 3. Swachh Bharat Abhiyan at Porbandar Chopati.



4. Summer Camp Bhinmal 5. World environment day celebrated in B.Ed. College. Vijyapur, (Sub Zone Belagavi) Presenting B.K Jyoti. 6. Youth Training at Gwalior, Madhya Pradesh (25 to 27 June 2016). 7. Participants, Youth Training at Gwalior. 8. Activities, Youth Training at Gwalior. 9. Life Skill Education Camp. On 20.06.2016, Kathua, J & K. 10. Youth for self-development & nation building seminar, Inauguration and candle lighting, Dr. Anuradha, Principal, Sheshadripuram College, Rajyogini B.K Chandrika didi, National co-ordinator of the Youth wing, Rajyogini B.K Saroja didi, Associate Subzone Incharge, Kumara Park, Bengaluru, Ms. Srishti Mittal, Journalist, Bengaluru, Mr. Srinivas Raju, Director Unnati projects, Bangalore, India. 11. 3 Days Summer Camp, Bhinmal, Rajasthan



11. 3 Days Summer Camp, Bhinmal, Rajasthan



11. 3 Days Summer Camp, Bhinmal, Rajasthan



Join us..



Youth wing, Rajyoga Education & Research Foundation
C/o Brahma Kumaris
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Opp. Aakar Complex, S. P. Stadium Road,
Navjivan, Ahmedabad - 380 014.
Mobile: +91-9427313773, Tel: +91-79-26460944, 26444415

Learn to meditate, for information about free Rajyoga meditation courses, Visit www.brahmakumaris.com
For more information about youth activities, please visit www.bkyouth.org
Join us on [Facebook](https://www.facebook.com/bkyouthwing), (facebook/bkyouthwing)
Write us at, newsletter@bkyouth.org

Youth Services

Annual Youth Wing meeting and "Yoga Run for Peace and Unity" in Delhi

