

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF FEBRUARY 2013

AIM: To keep the record of regard good

The ones staying in self-respect are the ones who can give respect, regard. To give regard to each other is a deity manner. By giving regards to each other, it creates an atmosphere of love and unity through which one becomes obstacle free. The inspiration of our lovely Prakashmani Dadiji for the children has been that everyone should stay in their self-respect and give respect to all.

So, let us keep the record of regard good and make the self and others obstacle free.

Method:

WEEK	INCULCATION OF DIVYA DARPAN (DIVINE MIRROR)
First	Keep regard to studies
Second	Give regard to other people's thoughts
Third	Give regard to the specialty of others
Fourth	Have regard for Baba

During 4 weeks of this month, we have to make these efforts in which on the first day of the week, we have to churn and write minimum 15 lines about the status. For five days, you should do your checking on these points and have transformation of the self. On the seventh day, you should write your experience about your efforts.

In your frame book, write in four/five lines the following by checking the result and record them before going to bed.

1. Good morning - 3.30 am
2. Amritvela in Baba's room- 3.30 to 4.45 am
3. Physical exercises/walking - Hanji
4. Traffic control - 5
5. Murli class - in class
6. Did you read the Avyakt Murli? - Yes/no
7. The consciousness of self respect – very good
8. Evening yoga - Hanji
9. Record of regard – 60%
10. Good night - 09.30 pm

❖ During this month, we are specially going to wear two bracelets of maryadas (Godly principles):

1. The practice of seeing the eternal form of the soul. While looking at others we have to make the practice of seeing their eternal form. At the present time, no matter what he/she is doing due to the sanskars of Ravan but in our sight there should be the original eternal form.
2. We should not use the internet, the website, SMS, mobile and T.V. against the Brahmin maryadas.

❖ Practice: On the day of Satguru, from the blessing of Amritvela, one should make the effort of becoming the blessing and on Sunday, leave behind any one weakness.

❖ Together with the special practice of Divya Darpan, write in your notebook at least 21 times the points of self-respect after noting down today's murli or 10 points of churning. If you have had any good experience, then note it down too.

❖ Self respect:

1	I, the soul, am a godly student.	16	I, the soul, am the donor of virtue.
2	I, the soul, am regular and punctual.	17	I, the soul, am special.
3	I, the soul, am full with the treasures of knowledge.	18	I, the soul, am complete with all virtues.
4	The teacher of I, the soul, is God Himself.	19	I, the soul, am sitting on the lotus.
5	I, the soul, play with the jewels of knowledge.	20	I, the soul, am a pure swan.
6	I, the soul, am the incarnation of knowledge.	21	I, the soul, am the imbiber of virtues.
7	I, the soul, am the donor of knowledge.	22	I, the soul, am the one who obeys to the highest directions.
8	I, the soul, am great.	23	I, the soul, am obedient.
9	I, the soul, am sitting on the throne of the forehead.	24	I, the soul, am faithful.
10	I, the soul, am multimillion times fortunate.	25	I, the soul, am sitting on the heart throne.
11	I, the soul, am humble.	26	I, the soul, am the jewel of the eyes.
12	I, the soul, am the giver of respect to all.	27	I, the soul, am the arms of God.
13	I, the soul, am the most elevated.	28	I, the soul, am the gem of the forehead.
14	I, the soul, am worship worthy.		
15	I, the soul, am the image of virtues.		

During the first week of each month, fill in a post card and send it to the office of the Youth Wing at 7, Mahadevnagar Society, Opp. Aakar Complex, Sardar Patel Stadium Road, Navjivan, Ahmedabad-380014
 Phone No: (079) 26444415 / 26460944 Mobile: (+91) 9427313773
 Or Email: bkyouthwing@gmail.com Website: www.bkyouth.org

Name:		Center's name:	
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Good Morning: 90%	Amritvela: 75%		
Physical exercises/cycling: 80%	Traffic control: 45%		
Murli Class: 90%	Evening Yoga: 45%		
The consciousness of self respect: 55%	Did you read Avyakt Murli: 80%		
Record of regard: 70%	Good Night: 95%		
Chart : OK / ØK		Signature Of Teacher	
I wish to join the Maryada Purushotam Group:			