



## Why to think about the Future

Sometimes there is a thought: “whatever comes in my way I will see to it, I will face it, therefore I will have some experience about it”. And at some other time, there is also this thought: “I’ll see whatever happens”.

I feel youths are creators of their future. They have the power to do it, as the future lies in their hands. It is youths who will design the future of the self and the society. Presently, there are various uncertainties. But still, youths should keep moving, get going. Things will get clear as time passes clubbed with your effort.

“What you sow today shall reap tomorrow”.

Wishing all of you, a life full of colorful values, strengths, specialties, talents which are going to bring a bright future for the self and others.

Warm wishes for the festival of Holi.



**BK Chandrika ben.**  
Editor, Youth wing  
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## Reflective writing - the Power of Love

- By Nancy Froeling

Reflective writing is an easy and effective way to explore virtues, powers, and themes in your life.

It is a method to ask yourself questions and to see the answers coming in writing - answers from (deep) within yourself, like your intuition, is speaking to you. It works best with pen and paper.

These are a few questions you can ask yourself:

1. How am I doing at the moment? What are my thoughts and feelings?
2. How was my week (till this moment)?
3. To write my definition of
  - a. What does Power mean to me?
  - b. How would I describe it to myself?
  - c. What does the Power of Love mean to me?
  - d. How would I describe that to myself?

4. Do I have experiences with the Power of Love in my life? Can I describe some of them here?
5. Do I know people around me who seem to have/used the Power of Love? What do I see in them?
6. What would I like to learn more about the Power of Love, for myself?
7. Which steps do I have to take to increase the Power of Love in my life? What is the 1st step that I will take from now on?
8. What has touched me / my heart the most in this reflection?

.....Wishing you much Love in your life and hope you rediscover yourself....

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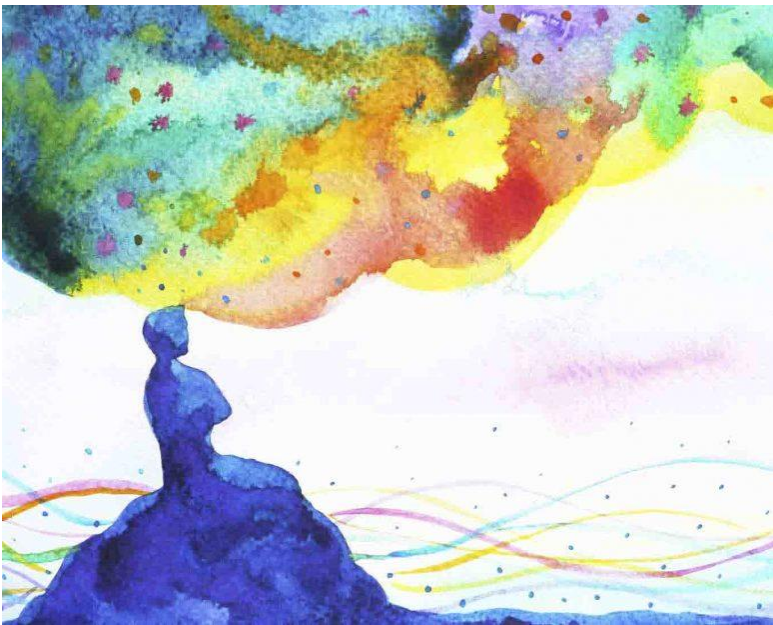
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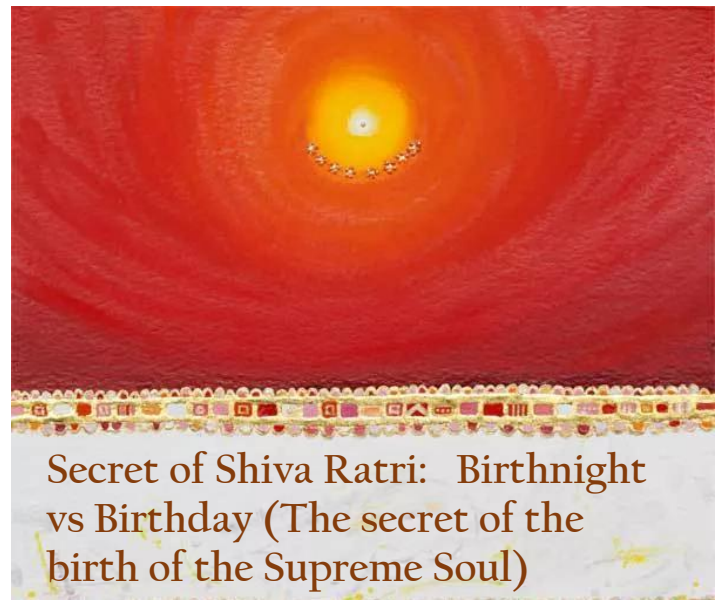
### Thinking Clearly is important but not Intensely:

(Mastery on Thinking is the art of having a stable and balanced mind)

Clear thinking is an important art. Children think much clearly than the elders. Their thinking is a bit slow but effective. With age, the speed of thinking increases, sometimes abnormally fast. Many develop brakeless thinking, an uncontrolled flow of thoughts or mood swinging. Many a time one cannot think properly, the mind becomes dumb. Thinking is generating energy if we keep proper control on it, then it enables a safe and happy life. Energy out of control is a disaster. No energy means sign of poverty and under-development.

The Art of thinking means to have a framework of the mind with a stable, balanced, and focused thoughts, which makes life joyous and loving. This is an art. The way any art like the one of singing, or dancing or even painting is fun but it needs to be mastered. And for that it needs rigorous effort, a few considered to be experts. In the same way thinking can be joyous, positive, fun, loving if we get mastery over it. For that, it needs systematic effort, and determination.

Meditation is an art of molding, managing, and empowering the self to think necessary, productive, and positive. Mastery on thinking right needs an understanding of life. We gain the understanding of the world and self by listening to the daily Murli of the Brahma Kumaris. Murli is the flute of knowledge, it is the verse of Supreme Father. It gives clarity of life and the world. Life has different perspectives, phases, alternatives, transitions, and dynamisms. Knowledge guides and shapes the thinking process. A guided and excited mind is motivated to take the challenges to achieve higher goal. It guides to have constant supervision on the self for a higher goal and a better life. The foundation of a better life depends on the streamlined and stable thought process. The 7 days course offered by the Brahma Kumaris is an effective tool to mold the mind towards positive thinking with understanding. Emotionally one can be on the right path and may retract back to negativity but emotion and passion with understanding make things stable and permanent.



### Secret of Shiva Ratri: Birthnight vs Birthday (The secret of the birth of the Supreme Soul)

An understanding of the word "Shiva Ratri". The auspicious day of Shiva Ratri used to be celebrated as "Shiva Jayanti". The meaning of the word "Shiva Jayanti" means the celebration of the birth of the Supreme Soul Shiva, God. The word Shiva Ratri means, the celebration of His Birth in the Night. The word Ratri stands for night. As per all the religious text God is the Father of Humanity. He is the Supreme Soul. He does not take birth like all of us. His birth is divine and unique. Though God is the Supreme, the Ocean of Knowledge and Wisdom, he still needs a corporeal body to speak and act.

A similia: in our world, even the genius scientists cannot speak to their distant friends and family members without the instruments like, phones, mobiles, etc. Just being an intelligent and wise person, doesn't respire or liberate anyone from the dependencies of long-distance communicating instruments to connect friends and family members who are at thousands of kilometers distance. Similarly, Almighty God need a corporeal body to share His Divine Knowledge and Insights to the mass. He needs eyes to express His emotion, feelings, and purity.

God doesn't take a body to enjoy or experience life, he just needs the physical organs to guide us through His act and sermon. He doesn't take a normal birth through a mother's womb. God reincarnates into a corporeal body to play His role. His birth is mysterious, supernatural, paranormal, divine, and unique. The uniqueness is all about the celebration of Birthnight instead of Birthday. If any of us take birth during midnight, will we celebrate birthday or birthnight? By default all of us celebrate birthday irrespective of the birth timing in the day. God descends on earth during the darkest time of the cycle through reincarnation. The word darkness is connected to night. The darkness of suffering, diseases, war, hatred, calamities, failures and debauch. The Sun of Knowledge rises to remove darkness and illuminate this world with His rays of Peace, Purity and Happiness.





Cell phone, Smart phone, which in general parlance called 'mobile' is one of the greatest technological revolution in the history of mankind and has an immense impact on everyone's life. In fact, it has become an impartial part of our life. Nowadays, it's nearly impossible to imagine human beings without mobiles. However, like any other thing, mobile has its own merits and demerits. Excessive usage of mobile or any other such gadget (viz. tablet, laptop, etc.) or artifact leads to an addiction, which is dangerously affecting our physical, mental, emotional & social health. It's very important to address this issue. Therefore, I am sharing few of my thoughts, views & experiences to overcome this new-age disease called 'mobile addiction':

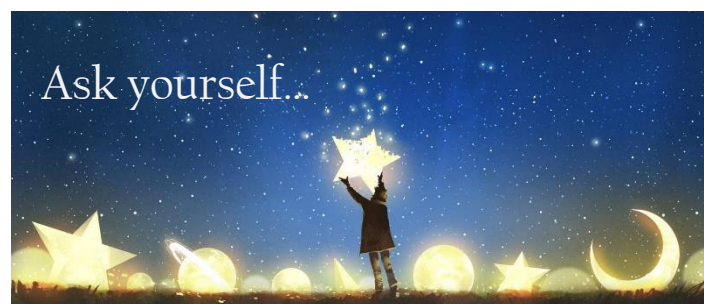
1. As we need to recharge with talk-time our mobiles, we should need to have a '**self-talk-time**'. Unless any urgency, we can strictly avoid the usage of mobile from 10 pm through 6 am next morning. Keep reserve this time for yourself. Imbibe & maintain a distinct habit of 'self-talk'. Within few days, you'll thoroughly enjoy the benefits and realise its importance.
2. You can read **printed books** & not their e-versions called 'e-books'. Reading printed books has altogether a very unique kind of pleasure. You can set a target of reading at least a book per month. You may say that e-books are environment-friendly, however, kindly note the respective gadget needs energy.
3. If you are not much interested in reading, no issues; you can go for spending or rather investing time in nurturing other **hobbies** like cooking, painting, gardening, singing, biking, cycling, trekking etc. the list is endless. This will connect you with your own self & the beautiful nature as well.
4. You can take the benefits of morning physical & mental freshness by going for **morning walk**, doing some physical exercise &/or yoga. Few minutes of Rajyoga meditation taught at Brahma Kumaris Rajyoga Meditation Centres also plays a vital role in keeping oneself mentally fresh & emotionally fit.

5. You can spend some **quality time with family** especially at dinner. This will keep binding the family members together. This will increase the immunity against the mental diseases like loneliness, depression, etc.
6. Attend different kinds of **exhibitions** such as paintings, flowers etc. held in your city. This will expand your outlook towards life and develop the creativity existing in you.
7. Hard to follow, however, once in a week, try to keep yourself **away from mobile** (possibly, switch it off) for an entire day or half a day or at least for few hours. This solitude will provide you a golden chance to introspect yourself, revisit yourself – a way to strengthen your will power. In a true sense, it'll be a weekly 'OFF'.
8. Thank God, scientists & technicians for yet to invent any 'e-God'. Hence, instead of typing in the messages or simply forwarding (in most cases, without fully reading) any message from your mobile, keep **writing a letter** (your private conversation) by your own hand with few lines or even few words to God in your private diary before going to bed. This is a special kind of 'self-talk' which will lead you closer to yourself & God.
9. Last but not the least, keep asking a key question to yourself: May I give that much time to **recharge myself** (by following one or more practices mentioned above), that is required to recharge the battery of my mobile on regular basis.

Mobile (or any other gadget for that matter) is man's creation & hence, kindly remember that mobile is for you & not a vice-a-versa.

*If mobile, the creation, can become wire-free, why can't I, the creator, become worry-free i.e. addiction-free?*

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**What is most important in my life?**

Keep that in front of you and you will discover that most other things get solved by themselves. Do not leave the important things until last, for then they will become urgent and you will lose the valuable treasure of peace.



# 0 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.** Srinagar-Mahoba: "Touch the Light" service program organized at "Rajkiya Inter College", BK Rajeshwari, BK Archana, BK Sadhna, BK Niraj addressed the student.

**2.** Srinagar-Mahoba: "Touch the Light" service program organized at "Rajkiya Inter College", BK Rajeshwari, BK Archana, BK Sadhna, BK Niraj addressed the student.

**3.** Bina-Mandi Babora: BK Janki addressed the students of "Shashkiya Madhyamik Balika Shala" on Concentration and Dedication. Nanaura: BK Mira addressed the youth of "Swami Vivekanand Inter College" on occasion of National Youth Day. **4.** Bareli: Youth Participants of Prinstan College. BK Dr Rina, BK Jayanti, BK Jagruti, BK Ravindra, Principal B A Meena addressed the youth. **5.** Bhopal - Teela Jamal Pura: BK Vijay Iyer donated plasma to Covid Patient. **6.** Rewa: BK Rekha and BK Nirmala with Youth Participants during session held on topic "My Family-Circle of My Strength".

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