

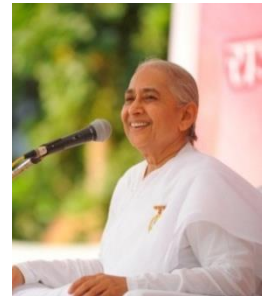


Youth Life – for Positive Engagement

The Brahma Kumaris arranges during the month of April each year, an annual meeting for the planification of social services to be conducted during the whole year. During this meeting, the Youth Wing presented various projects to enhance creativity in youth, to channelize their mental & physical energy, to bring volunteerism in them. Following are some names of the projects :-

- Design Your Destiny,
- UTHO JAGAT KE VASTE (Wake up for the sake of the world)
- Mentorship Programs for Youth,
- Spiritual Youth Parliament,
- Power of Peace Exhibition Bus etc.

I would like you to stay in touch with this newsletter to get updates of these projects. I call also upon you to utilize your vacation time in creative engagement like the above projects. And if you do so, I would like to hear about your involvement in such activities. **Happy Summer!**



BK Chandrika ben.
*Editor, Youth wing
Newsletter,
Vice chairperson,
Youth Wing, RERF.*

Work is only work if you prefer to be somewhere else. Work tends to be a negative perception of a task which we reluctantly approach. Work is only labour when we forget to see our life as it truly is - an opportunity to be creative, enrich others and be enriched ourselves. When we are able to see work in this way, we find something called enthusiasm inside.

When we are enthusiastic we work well and we are valued. We are used as a role model. When we work well it is much easier to say no when we need to, for we know our own value, and we are not dependent on others' approval to feel good about ourselves. When we put love and enthusiasm into what we do, it rebounds in the form of opportunities and blessings, two of the most important ingredients of a truly wealthy life.

Courtesy www.thoughtfortoday.org.uk

Work Well

Inside



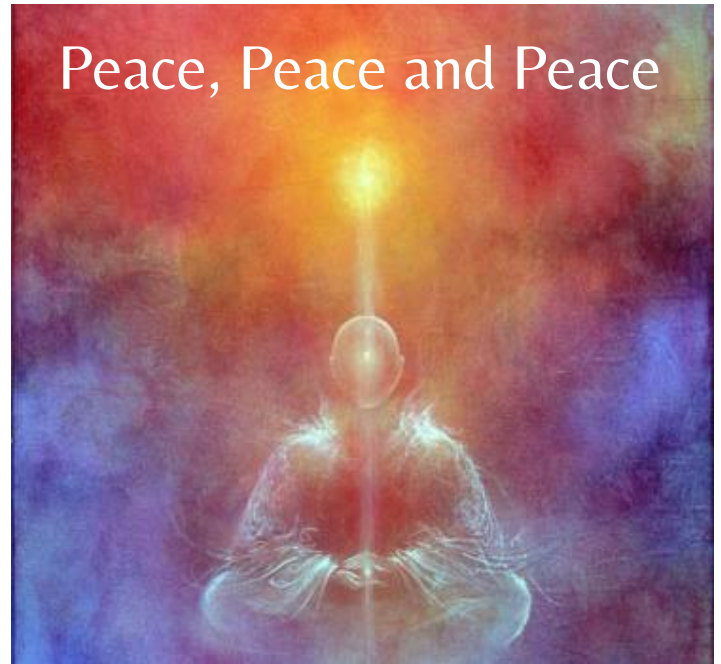
Empathy, Love and Attachment

Empathy is the need of the hour. Empathy is not limited to the offer of physical solutions to anyone. Empathy is unconditional and beyond the community, class, age and region. We tend to confuse empathy with attachment. Empathy without love is meaningless and dry. Love makes things simple, easy and effortless. Without love things are complicated, difficult and heavy. When love is unconditional it becomes precious, when love is limited to a particular person, place and community, then it loses its value. Love and empathy together make one's life worthy, useful and helpful for humanity. Many a time unconditional empathy and love got conditioned to an individual or group. Then it becomes difficult for a person to focus on the task and duty of serving the world.

Empathy used to derived from the emotional feeling "the world is a family". As long as one is engrossed within one's own experiences, feelings, pains and pleasures, it becomes difficult to empathize with others feelings and situations. Empathy means to be sensitive to one's own feeling, but not to be confined or captive of it, rather to go beyond to understand the pain and feelings of others. A person with selfish feeling overestimate one's own problems and underestimate the problems of others. A self-centered person gives more priority to one's own needs, feeling and desires, and ignore the emotion, feelings and requirements of others.

But the problem of empathy and love is attachment, when a person gets hooked up to a particular thing or person, then virtue converts into weakness. There are several stories in history on how one lost position, popularity and prominence with the weakness of attachment. Attachment develops bondage, obligation and duties to fulfil. Then one gets stuck, caught and fixed to an individual rather fulfilling the duties for humanity and the world.

Some service providers such as teachers, doctors, nurses, counsellors etc become victims of such bondages. It needs understanding, daring and innovation to keep the self engaged in a positive way "I am for the world and the world is mine". Then one can fulfil the emotional needs of the millions.



Peace, Peace and Peace

We all need three kinds of Peace: peace in the self, peace in the family and peace in the world. Everyone loves peace. Food, shelter, and cloths are necessary along with a happy family life. Adequate physical amenities along with psychological satisfaction ensure comfort. Most of the religious places are visited by seeker to have internal peace. Peace ensures self-satisfaction, love, and prosperity. Peace is connected to security. Security for the self and the family members for the present time and for the future. The importance of security is essential. None of us like to lead a life of luxury under constant fear and threats. Safety and security in every front whether it is pandemic, calamities, or terrorism. There are a lot of thieves who steal our Peace directly or indirectly. Despite all threats and difficulties, the Almighty sermons: Purity is the mother of peace and prosperity. Even God guides towards Purity and psychological power. Threats are not always external. There are internal threats also like an uncontrolled mind, unmanageable desires, and temptations. Peace and harmony at a global level ensure global prosperity. Local harmony ensures happiness and prosperity locally which may not last forever. Harmony within community and inter community hatred cultivate war. God is not limited to a group, communities, religion, colour, or language. All these feeling of partisans, divisions and groupism are by product of body consciousness. So, realizing the immortal self, the spiritual entity and the Supreme Soul can help one to have a wider, broader and deeper perspective beyond the visible physical body to realize immortal peace, harmony and prosperity.

Essence of Self Control in Youth Life



It is all about self-control 360 degree analysis.

Everyone needs self-control. Potter to President everyone needs skill and delivery to perform task. We can see the controlled movements in science and technology to have better precision and accuracy. Uncontrolled matter and energy can create disaster. Self-control is very much essential in life to make life enriched and secured. There are various adverse effects of lack of self-control: such as loose talk, undisciplined life, disturbed mind, negative habits and accidents.

Self-control and balanced life are interdependent. Self-control can be developed through understanding, self-realisation, calmness, practice and penance. Penance is not about absorbing pain but to develop tolerance to acquire good habits in life. It needs correction of existing weaknesses and absorption of required strengths. When a person speaks and exhibits in an artistic and controlled manner consistently, he/she becomes genius. But one may have good control in certain aspects of life maybe not in all, that can lead to disaster. For example, C.V. Raman was a genius who discovered the theories related to light, but because of his lack of understanding about financial investments, his Nobel Awards money was siphoned by a cunning investor. One may be simple and studious to acquire good grades but may lack self-control for physical activities.

Holistic self-control is essential to make life happy, meaningful and enriched. Holistic means self-control on physical, psychological, financial, relational and all emerge out of the self-control of our thought process. One should have the understanding of one's goal and the route chart to reach it. Self-control in behaviour can be developed through systematic method of self-realization, introspection and meditation. Controlling something need energy, strength and technology. Same thing in life and in youth age, this quality of self-control can make one a noble person. Passion, excitement and hope along with self-control can make one successful in every aspects.

Stability, Satisfaction and Salary in job

Three factors are important in the youth professional career. If any of them is missing, it disturbs the youth life. In the initial part of the career, youth gets an indescribable satisfaction and peace in earning its own livelihood. As time progress, he/she gets the confidence of his or her ability and capability to earn. With time he/she tries to have a satisfactory job, the job aligned to his/her passion. Youth becomes choosy. He accepts the next level challenges to learn and to empower the self for a better job.

Many youths lose their confidence and become fatalist at the entry level. A lot of self-doubts emerge inside the mind of a budding youth, looking into the widespread unemployment and failures. In the initial phase of life, youth accept do and die, means accepting all the challenges and critics to break the emotional and situational barrier to earn money. That is also needed, the determination and will power to be self-reliant.

Stability is an important factor, satisfactory job without stability makes one's mind disturbed and anxious. Uncertainty kill the peace and calmness of mind. Job instability also take away satisfaction.

Hunting for a new job is good after spending considerable duration in the existing job. New job teaches many things. New work environment excites many ways. But one should crosscheck three important things which are going to improve the income, satisfaction and stability.

Repentance is a burden for life. Many changes job out of emotion, passion and attraction without proper studying and analysing. Many a time one underestimates the risk and over emphasis the return in new job. One should crosscheck the risk thoroughly. Over-optimism makes one over-confident to ignore the signals and information against one's own decision. One becomes rigid in proving their decision. Youth should be open to critics, analysis, and advises. It is better to accept own wrong decision than suffering. With age, your sufferings are not limited to you, as many are dependent on your earning. Speaking to well-wishers, seniors, unbiased observations and analysis will enable you to have right decision.

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.



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1. Abu Road: BK Chandrika, Vice Chairperson of Youth Wing, RERF was felicitated by World Book of Records, London for her outstanding services done during COVID PANDEMIC. (Certificate given to BK Chandrika, Vice Chairperson of Youth Wing, RERF by World Book of Records, London.)



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2. Abu Road: BK Jayanti, Addl Chief of Brahma Kumaris visited the Youth Wing Service Stall during the annual meeting held from 6th to 11th April 2022 at Brahma Kumaris Headquarters. 3. Patna-Kankarbagh: BK Sangita, BK Amit briefed youth wing services to BK Youth group of Patna under the theme "Re-Connecting the Youth Power" 4. Abu Road: BK Chand, Mumbai (Bollywood's most loved and respected Business Manager for celebrities) visited youth wing stall during the annual meeting along with BK Gita (Bhinmal) held from 6th to 11th April 2022 at Brahma Kumaris Headquarters.

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