

YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

CHART FOR THE MONTH OF NOVEMBER 2017

AIM: Respect through self-respect

We souls by staying in self-respect in this one birth become respected for the entire cycle. We have to renounce body consciousness in this one birth because without the renunciation of body consciousness we cannot sit on the seat of self-respect. We are so fortunate that God Himself is giving us respect. From the floor He made us sit on the throne, He alone elevated us by telling you children are world benefactors. When we were deities we got the respect of our subjects of being the most elevated pure souls, we got the respect of our devotees of being worship worthy, etc.

The ones who stay in self-respect can give respect to others.

So, come, let us stay in self-respect and become the receptacle of giving respect to others.

Method:

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
First	Stay in self-respect
Second	See the specialties of others
Third	Speak about the specialties of others
Fourth	Give respect to all

For whatever aim is given in every week, let us practice whilst walking, moving around, working and also churning. Let us write at least 10 lines. Check every night on how many % of self-respect were I and how much respect did I give?

❖ Special Activity:

On the first Sunday of the month for all the youths and the ones who are filling up the chart of Divya Darpan keep a workshop. Create groups and let them discuss about the following questions:

- (1) What is self-respect?
- (2) What is the relation between self-respect and respect?
- (3) Create an action plan

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

1. Good morning - 3.30 am
2. Amritvela - 3.30 to 4.45 am in Baba's room
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. Through self-respect give respect – 40%
10. Good night - 09.30 pm

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

1. We will use only words filled with dignity.
2. We will see only the specialties of others

❖ Practice: In every hour for one minute, make yourself sit in self-respect and see all souls as great souls.

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

WEEK	SELF RESPECT
First	I, the soul, am the greatest
Second	I, the soul, am supremely pure
Third	I, the soul, am the inculcator of virtues
Fourth	I, the soul, am honorable

On the first week of each month, fill in a post card as under and send it to the office of the Youth Wing at 6/7, Mahadevnagar Society, Opp. Akar Complex, Sardar Patel Stadium Road, Navjivan, Ahmedabad-380014

Phone No: (079) 26444415 / 26460944 Mobile: (+91) 9427313773

Email: bkyouthwing@gmail.com Website: www.bkyouth.org

Also if you want to join the maryada purushottam group, please mention in your post card.

Name: **Center's name:** **DiDar No.**

Good Morning: 90%

Physical exercises/walking: 80%

Murli Class: 90%

The consciousness of self respect: 75%

Through self-respect give respect: 40%

Amritvela: 75%

Traffic control: 90%

Evening Yoga: 80%

Did you read Avyakt Murli: 80%

Good Night: 95%

Signature Of Teacher

Chart : OK / ØK