



The Youth Wing held a nationwide "Youth Spiritual Parliament - For Well-being and Better World" at its campus "Academy for a Better World" also known as "Gyan Sarovar" from 16 to June 20, 2023, with the participation of more than 350 young people.

I saw in those youths their positive engagement, their awareness of things happening around them, their interest in finding solutions to various problems, their active participation, their creative thoughts in the various programs planned such as a workshop, a dialogue, a talk show, a session, discussion, presentation, cultural activity. It was so overwhelming.

They designed their own resolution and I feel they will surely implement whatever they learnt during the program leading them to well-being and better world.

Some of the images are shared through this newsletter. I call on youth to participate in such programs and to become instrumental in designing such activities at your place which will benefit the youth around you.



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

The omnipresence of GOD – a myth or a fact ?

When we are in trouble or in need, we pray to God as He is the Most Powerful and full of Love and Mercy. He is the Father of all souls.

This brings us to an interesting question as many believe in the omnipresence of God.

If He is the Father figure then how is He present in each one of us? Shouldn't He then be a separate entity? If He is present everywhere then each one of us becomes Father so then why do we need to pray?

Moreover, if God is omnipresent then everything in which He resides becomes His part and anything which is a part of Him will have His qualities and powers. Then why do some people kill others or indulge in thefts and crimes?

That is because we humans are still on a journey and have not yet realised that we are the children of God or are we God, in that case who is running the show of life in interim? Whom are we praying to when God also does not remember his own potential?

If this is true that God is present in each of us then indeed, he is an actor and a part of the show. In that case who is the Director? If the Director becomes an actor, then he would be bound by the limitations and rules of the show. Anyone who takes this body is bound by the 5 senses and is subject to perception. For example, when we see something with our eyes then despite of countless details in front of us, we choose to notice some as per our filters.

Therefore, the information we store in our mind is merely our version of truth.

Cont. on page 3

Inside

Silence is Golden

Page 2

The vital role of
time in well-being

Page 3

The omnipresence of
GOD – a myth or a
fact ?

Page 3

Youth Services

Page 4



Silence is Golden

Silence is a word we have all heard so many times and we know its power. Though many feel, silence can make people take advantage of you but the real fact is that it strengthens the roots of resistance within you.

Silence has been instrumental in avoiding wars, arguments, saving relationships, and creating an environment of peace and happiness. That is what each one of us wants, isn't it?

Well! We have all thought and spoken a lot about silence, but this word is followed by GOLDEN. So, I have been pondering and found each letter of GOLDEN had a meaning which I am describing here.

The first letter is G, and the word that associates with silence is GOD. When we sit in silence, we try to create a communion with the self and then automatically get connected with GOD as he is the ocean of silence. As a father of our soul, he gives us so much love and also touches our minds.

That touching of the mind brings us to the second word, which is OPPORTUNITIES. We have so many opportunities knocking our doors all the time, but we are confused if we should take it or leave it. So, when we sit in silence, our minds and God's intervention work together to give us clarity on what to choose.

When we get so much from GOD, we are automatically fulfilled with the third word called LOVE. When anything is filled then it overflows and so we also overflow with selfless love which gives us blessings in return.

The fourth word is DECISION. Silence increases our decision-making power. There are many times in life that we are faced with tough situations, and we feel stuck. Spending some time of sitting in silence declutters our mind and enables us to take the right decision.

The fifth word is ENTHUSIASM. Now you may ask how silence can bring enthusiasm. Well! All the great inventions were done in silence and the end product was real joy and lots of fame. When we focus with all our energy and see the result, enthusiasm automatically comes.

The last word is NECESSARY. In our life, the mind is distracted by many things and silence lets us focus on what is important and get rid of what is not.

Lots of hard work along with focusing on what's necessary, enthusiasm, right decision making, loveful feelings, striking the right opportunities and the help of GOD can bring true success.

So don't you think Silence is really GOLDEN.



Miss Everything

You can only be in one place at any moment in time. If you feel you are missing out on something then you are. But it's not the party, or being with another person that you're missing, it's your own life. As long as you are thinking of where you could be, you are marking yourself absent from where you are now. Which means you are nowhere.

Source : www.thoughtfortoday.org.uk



The vital role of time in well-being

In today's fast paced and demanding world, time has become an invaluable resource. It influences every aspect of our lives, including our physical health, mental well-being, and overall quality of life. Despite its universal nature, many individuals underestimate the significance of time in achieving a state of holistic well-being.

1. **Balancing Responsibilities:**

By allocating time for work, personal relationships, self-care, and leisure activities, we create a sense of equilibrium that promotes overall well-being.

2. **Stress Reduction:**

When we effectively manage our time, we minimize procrastination and avoid last minute rushes. This approach allows us to complete tasks in a calm and organized manner, reducing the pressure and anxiety associated with looming deadlines. By planning our time wisely, we create opportunities for relaxation, self-reflection, and rejuvenation, fostering a healthier mindset and enhancing our overall well-being.

3. **Increased Productivity:**

Time management is closely linked to productivity. Increased productivity not only boosts our confidence and self-esteem but also frees up additional time for activities that contribute to our well-being.

4. **Enhanced Self-Care:**

By allocating time for self-care, we improve our physical vitality, emotional resilience, and mental clarity, enabling us to lead happier and more fulfilling lives.

5. **Cultivating Meaningful Relationships:**

Without effective time management, relationships can suffer as a result of neglect or lack of attention. By consciously setting aside time for loved ones, we invest in nurturing relationships that provide support, happiness, and a sense of fulfillment.

Conclusion:

Recognizing the importance of time in our well-being is crucial for leading a balanced, fulfilling life. By valuing and making every moment count, we can optimize our overall well-being and create a life that is harmonious, purposeful, and full of joy. Let us embrace the power of time and unlock its potential to transform our lives for the better.

The omnipresence of GOD – a myth or a fact

Cont. from page 1

How will God then be Sat-chit-ananda (sat (truth) + chit (conscious) + anand (blissful))?

Some also believe that Brahmanda or nature is God. If we are referring to plants, animals etc. as nature then they have limited consciousness then how can they be more powerful than us? If we are referring to earth, water, fire, air, and space then they are not conscious on their own. The knowledge of the five elements does allow us to understand the laws of nature and to use yoga to attain greater health, power, knowledge, wisdom and happiness. But that is exactly the point. The purpose of five elements is to serve the souls of the universe.

Then who is God?

God is the Supreme Power, the Father of us souls; one who uplifts and purifies us with love and spiritual knowledge to create a beautiful world.

This is not just a definition but an experience. Also, it is our love for Him that makes us see him everywhere and not his sheer presence that is referred to when we use this word omnipresence. This awareness is important so that we do not get misled by seeing suffering and vices and wonder how God's presence is also not able to solve these problems.

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.





11



12



13



14



15



16

1 Inauguration of SYP by BK Dr Nirmala Didi (Joint Administrative Head – Brahma Kumaris), BK Chandrikadidi (Vice Chairperson – Youth Wing, RERF), BK Krutibehn (National Coordinator – Youth Wing), Shri Kailash Chandra Pahariya (Secretary, Rajasthan Youth Board, Jaipur), Shri Kumar Manish (UNFPA, State Program Analyst, Jaipur), BK Arunbhai, BK Geetabehn, BK Jitubhai and others. **2** Inauguration of SYP by BK Ansuya, BK Chhaya, BK Rekha, Ms Anjana Dash (Actress), Ms Sneha Jawale (Social Worker), Dr Ashlesha (Trainer) and others. **3 & 4** Youth artist performing dance during inauguration of SYP. **5** Youth participant doing Energizer Activity during SYP. **6** Dialogue on “My role in creating A Better World through Values” speakers - BK Rupesh (Mount Abu), BK Ram Krishna (Hyderabad), BK Suman Behn (Mount Abu), Ms Sneha Jawale (Social Worker) **7-10** Youth participant sharing their thoughts during SYP. **11** Talk Show on “Role of Youth in Creating Better World through Well-Being”, speakers - BK Nikunj (Mumbai), Ms Khushboo Kapoor, BK Ram Krishna (Hyderabad), Ms Anjana Dash (Actress), BK Rohit (Delhi). **12** Speakers Dr Ashlesha (Trainer), BK Jitendra (Mount Abu), BK Gitabehn (Bhinmal) of SYP Session-II on “Building Youth for Building Better World”. **13** Youth Group during valedictory session of SYP. **14** Youth participant expressing their working by doing skit activity during SYP. **15** Youth Group during valedictory session of SYP. **16** Youth Participants from all India participating in SYP

Youth wing, Rajyoga Education & Research Foundation
C/o Brahma Kumaris
6 & 7, Mahadevnagar Society,
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, and
to subscribe our newsletter please visit
www.bkyouth.org

Join us on Facebook, Write us ,
for any feedback newsletter@bkyouth.org

