



WISH YOU A VERY HAPPY NEW YEAR

From Editor's Desk:

Dear Young Sisters & brothers,
The Youth age is a period when we lay down foundations of our life. Being it a career, a relation or an approach towards society. We take certain decisions; we change our attitudes & approaches towards life. Therefore, make sure that your foundation is filled with values and positive strengths.

Be cautious that your creativity, your positive thinking, your positive attitude is not carried away by any negative influence of any kind. Find ways and means that keep your thoughts and your mind clean and elevated because they reflect through your face. Let your face and words give others happiness, a ray of hope and contentment. Let your positive attitude changes others negative attitude into positive.

If your foundation is strong then it will be an act of change not only for you but also for others. Let us inculcate values as concrete, strength as iron rods, pure & elevated thoughts as water and when all are mixed well, they will lead to strong & unshakable foundation.

"Laying Foundation"



HAPPY NEW YEAR



BK Chandrikaben.

Editor, Youth wing Newsletter, National Coordinator, Youth Wing-RERF

"I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can only rest for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not ended."

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."

Nelson Mandel
1918 - 2013



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The project "Pustak ni Parab", first of its kind in Gujarat, is a free give and take of books, without any condition. A booklover may choose books, note their details in a register and get them for keeps. Book donors may give books in the same manner - happy that they will find the right reader.

(Source: TOI 02.12.2013).



1. Free your heart from hatred
2. Free your mind from worries
3. Live simply
4. Give more
5. Expect less



Accept you as you are



Enjoy your **Freedom**
But don't misuse it

Scientific Theories on Motivation and **Youth Life**

This Is **Expected**

Retain your good **Qualities**

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ENJOY YOUR FREEDOM but don't Misuse it



Girl gets kidnapped to save 10 children:

At Simaluguri in Sivanagar district, a 14 years old girl Gunjan Sarmah volunteered to be kidnapped in order to save the lives of 10 other kids from their school van. And not just that, she lumbered through the dense forest of the Assam-Nagaland border, where she was abandoned by her armed kidnapper, and she managed to reach the house of a tea garden worker who called the police. Her ordeal lasted around 14 hours. A rare act of bravery.

(Source: TOI 07.12.2013). **BRAVO GIRL POWER**

Our parents have always taken care to our needs and demands. They have allowed us to have any type of vehicles we want for our daily errands; to go to a movie or a picnic, to a friend's house, to a party or hang around. We have been provided with a mobile, a laptop, or a tablet, the access to the internet or anything we have asked for. In short, we will say they have giving us freedom to enjoy life. It is also been seen that our parents or guardians don't always live with us for example, if we are in a boarding school for study or if we have found a job in another city. In every case, it is obvious that our parents have so much trust on us that they let us move forward and Enjoy our freedom. It is said that "Freedom is not free, with freedom comes responsibility". It is, therefore, our moral duty not to misuse the freedom our parents have given to us. I have seen many a times, though our parents are aware about the misuse of freedom but still they don't point it out, or say something. But, if any other time we would like to do the same thing they will refuse or will hesitate to accept. One should never cross the limits of what one has decided for the self or of what has been set within your family environment, your family values, by your teachers, and your well-wishers. Because if you get carried away by your freedom or you misuse it, momentarily you may enjoy it by feeling yourself in heaven but that happiness will be very short and it may lead to some irreparable damage of your health, wealth and character.

It is in this phase of life – youth, that we become a real daughter, a son, a friend, a husband, a wife and a lot more. And as we grow older, we play many more relevant roles, depending upon our maturity level. Misusing your freedom in any form will not bring a long term feeling of goodness in you; on the contrary it may take away your peace and happiness. Happiness is a state of mind, experience it.

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ENJOY YOUR FREEDOM.

FROM DESK
OF
ALMIGHTY

The freedom-egolessness is experienced when the mind becomes free from all physical objects and attachments by remembering the non physical God, non-physical soul world and non-physical subtle world.(*nirahankari and nirvikaari*) - experience of Love,bliss,happiness,purity,knowledge, unlimited love - soul consciousness without ego.

New Year Resolution

Preview your day. Take a few minutes to visualize how you want your day to go and what you aim to achieve. See your day's life experience unfold in a natural and satisfying way and allow yourself to look forward to it.

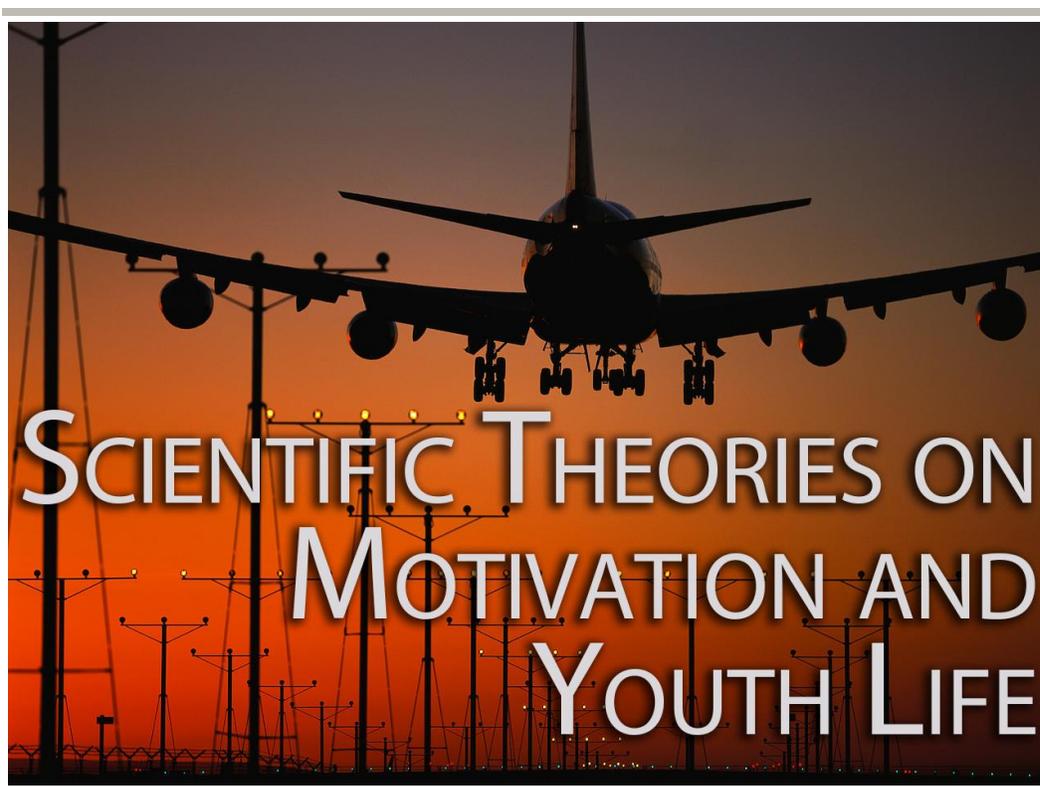
SIMPLICITY

No need to think too much. Learn to make less effort and receive greater attainments. Have simple food, simple clothes etc. but make your thinking elevated. Stay happy and give happiness to others. When everything is simple in this way, life is sweet and easy. I do not burden others nor carry the burdens of others. Be tension free. When we stay simple, there is no tension. Tension leads to depression. Understand that nothing is mine. Be free, nothing is really yours. Understand that whatever is God's, is mine. His are the qualities of purity, peace, love, and power. When I stay light I am able to draw might from the One.

Words of Wisdom
By Dadi Janki



THIS IS
EXPECTED



SCIENTIFIC THEORIES ON MOTIVATION AND YOUTH LIFE

As per the Goal Setting theory: goal set by an individual motivates one to strive hard to achieve it. Goal motivates individual to make best use of internal skill and energy. This theory was proposed by Edwin Locke in 1960, we cannot say that we oppose to this theory rather a complementary theory was developed known as Self-Efficacy theory. As per the Self Efficacy theory, it says that as long as one believes that he can do, one is motivated to do something. One may have higher goal in his life but if one lacks self confidence that he can achieve it, one will not be motivated. Self confidence is the key to remain motivated.

There is an altogether different theory from the prevailing theories and that is self determination theory, which says that even if one receives rewards for any job or work, if the person feels that the reward is trying to control him externally, then he feels less motivated to work; for example if a company just by paying monetary benefits is trying to control the freedom and daily routine, the person will not be motivated. Earlier monetary benefits, foreign tours and positional promotions were attractive but nowadays corporate employees are cautious about them as they are more concerned about the health, the relationship and the work life balance.

In order to be good and to do well, one also needs motivation. Motivation to be ultimate good and confidence that he can transform the self or maintain the goodness in every situation and in any difficult task. God has His own way of keeping us motivated, to fill self confidence through verbal persuasion. God's knowledge through the Brahma Kumaris Spiritual Organisation is backed up by rationality, logic and reasoning. God has followed the model of Vicarious Learning meaning when someone else can do why not you. When Jagdamba Saraswati (Mamma) could do when being a youth that is she was able to follow all the Godly directions, why not you and me. Let us strive for the best by having a wonderful spiritual life along with our educational and professional career.

What? At youth age, we demand a bike, scooter, new pair of cloth, pair of shoes – sandal, watch, mobile, laptop or a trip-picnic to make your mind fresh with friends.

Many of our demands are necessary or time demands. Yes, many also arose as others have it. My friend owes it so I also need the same. We compare ourselves with others in material possessions – what others have and I don't?

Our parents have already passed through our age and are aware of our needs. They have to stretch themselves financially sometimes to fulfill our needs. It is expected that we understand the financial situation within family. What is the income? What are our expenses? To make us happy they will not inform us. It is not that they don't to fulfill our needs. But they expect us to understand the situation, and respect their opinions when sometimes they try to explain the difficulty they are in.

Parents expect from us also that we put our things at a proper place. We help at home in our daily routine life. We understand their limitations – job, health related. We keep ourselves ready for any situations – attending an exam, going to school, college. Many times, our parents are varied for such occasion. At the Brahma Kumaris, I got really good guidance like we should respect elders and love young ones. I feel, you too sit with them and ask them – what is expected from me? Or try to understand on our own.

Retain your good Qualities



Each and every one of us is special and unique and has good qualities in them. The only thing is that we need to realise, understand and use them. When we were school students, we were having more good qualities, habits, values, manners, principles etc. We can't measure these in percentages but we may give them grading, let's say A, B or C.

One of the reasons why we have respect for Sachin Tendulkar is because he has retained his good qualities. And at the same time, he has increased his qualities from a school student to a younger cricketer and today, he is a legend. In fact, as we grow up in life, together with retaining our good qualities, we should develop and increase more in qualities and virtues. But, most of us have failed in retaining leave aside increasing.

We used to have very good feelings for our country, for our society, for schools, for the people around us, for own family and relatives. But, as time passes by, and we are also passing through varied situations, has forced us to change our own mind set. In spite of all these, we should still retain the good in us. Many people have accepted us as we are in spite of our limitations, which we may not know. Is this right?

We start compromising with punctuality, sincerity, honesty, behavioural manners as we grow old. I am matured now, I am more knowledgeable, I am earning bread and butter, I know this, I am the boss, this is my achievement - are some of the reasons responsible for not allowing us to retain what we were. Let us introspect ourselves, let us not tarnish our own images by forgetting what our teachers, parents have designed in us.

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.



Youth Gathering, Spiritual Café on Values, Ahmedabad, Gujarat



Join us...



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