YOUTH PROGRAM FOR DIVYA DARPAN (DIVINE MIRROR) GROUP

POINTS FOR SELF PROGRESS

FOR THE MONTH OF DECEMBER 2023

Chart for the month of December 2023:

AIM: By incarnating in the world, make everyone have the experience of happiness, peace, love and powers.

We souls are the helping children of God the Father. In God's work of world transformation, we are His helpers in providing the right abode to the souls who are sad, disturbed and who have lost their way. Avatar is the messenger of God. Avatar incarnates for a specific purpose. Avatar connects all souls to One Supreme Soul. An avatar never draws attention to himself. We souls are entitled to God's inheritance. Now we have to give that inheritance to other souls.

So come, let us become an avatar and make the world experience the qualities and powers of God.

WEEK	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	An avatar of Peace.
SECOND	An avatar of Love.
THIRD	An avatar of Happiness.
FOURTH	An avatar of Powers.

For whatever aim is given for the week, let us practice or churn over it. Write at least 10 lines on its benefits. Then check everyday at night, how many % did I remain an avatar.

Special Activity: On every Sundays of the month, keep a workshop for all youths and DD chart writers. Make groups and tell them to discuss on the following questions: (Sample for one Sunday)

1. What is to be an avatar?
2. What are the disciplines required to be an avatar?
3. What are the specialities of an incarnated soul?
4. Create an action plan.

❖ **In your frame book, write in 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
3. Physical exercises/walking - Hanji
4. Traffic control – 5
5. Murli class - in class
6. Did you read the Avyakt Murli? - Hanji
7. Evening yoga - Hanji
8. Self-respect - very good
9. Avatar - 80%
10. Good night - 10.30 pm

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

1. During the day to practice 5 times the 5 forms.
2. Not to speak or listen to any waste talks.

❖ **Practice:**

In every hour for one minute, let us become an avatar and give sakash to the world.

❖ **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	EFFORT OF DIVYA DARPAN (DIVINE MIRROR)
FIRST	I, the soul, am the avatar of Peace.
SECOND	I, the soul, am the avatar of Love.
THIRD	I, the soul, am the avatar of Happiness.
FOURTH	I, the soul, am the avatar of Powers.

Phone No: (079) 26444415, 26460944
Email: bkyouthwing@gmail.com
Website: www.bkyouth.org