

## Brother Yogesh on tour in South Africa 15 June – 1 July, 2018



Brother Yogesh from Turkey arrived in Johannesburg for a two week, national tour, visiting many of the BK centres, in various cities in South Africa. His programme of



engagements began that evening in a new area of service where classes have started recently at a wellness centre, where approximately 80 souls gathered for an informative talk on how meditation

helps to

receptive and enjoyed the simple exercises Br Yogesh conducted, which offered insights on how, by changing our vision we can change our responses, and hence, our experiences. His message could be summarized in the following statement: *"Elevate your vision and your attitude rather than fighting the problem."*

June 16, is celebrated in South Africa as Youth Day, so that morning the BKs hosted a lively workshop with young people in Soweto, entitled, You 2.0: How do we upgrade ourselves? Young local artists offered a variety of activities including inspiring poetry, songs, and kickboxing to engage the youth. Br Yogesh offered interactive exercises through which he helped them understand the value of meditation as a means of building self-esteem and a positive self-image. *"Success is dependent more on focus than on intelligence."* After the program Br Yogesh was taken for a quick tour of the Hector Petersen Museum in Soweto, which is the memorial to the student uprising of 1976.



The evening programme was a sneh milan with some community leaders in Lenasia where Br Yogesh addressed the need for leaders today to cultivate greater emotional and spiritual intelligence. He emphasized how true leadership inspires co-operation, which is based on self-mastery.



The next day being Sunday, the BK family throughout Gauteng gathered in Observatory, and had murli together. After murli, there was a special Father's Day celebration, honouring Baba, our Supreme Father as well as those playing the role of a father now. After enjoying cake and sharing gifts, the family participated in a half-day retreat

with Yogeshbhai, during which he shared yuktis on how to go into the depths of gyan. The retreat ended with a tunnel of blessings where every participant received blessings of good wishes as they walked through the tunnel.

On Monday morning Br Yogesh was interviewed on a national radio station, SAFM, which drew a great deal of interest from listeners all over the country. The presenter commented, "You have calmed me down so completely ...".

That evening, a program was held at Wits Enterprise which is part of Wits University, on the topic, "Personal Excellence - enhancing emotional and spiritual intelligence". This drew a very receptive audience including students, lecturers and business leaders. Br Yogesh's discussion highlighted the following statement: *"Between the self and life is the mind. When we learn to master the mind we enhance our ability to manage our responses better - and this in essence is what makes us better leaders."*



Tuesday morning saw Br Yogesh facilitating a workshop with a group of care-givers from an organization called PUSH that works within disadvantaged communities. The focus of the workshop was on developing self-esteem and self-care so that the care-givers could prevent burn-out

through the work that they do.

Br Yogesh then flew to Cape Town, where two programs were held. Some key reflections which he shared, included, *"It is important to cultivate a good relationship with your mind. My ability to manage stress depends on the resilience of my mind. Two things are required for this; inner strength and vision. The meaning that you give to events is what creates emotions. The illusion we live under is that my emotions are a direct result of the event. Choose to own the meaning and your emotions will be in your hands."* Cape Town also provided an opportunity for Br Yogesh to enjoy the natural environment and visit the historic, Robben Island where Nelson Mandela was incarcerated for 27 years.



The next leg of the tour was to Port Elizabeth and Jeffrey's Bay. The first program was on the theme, True Self Esteem and Br Yogesh highlighted that, *"True self esteem is when there is a balance between self*

*esteem and humility. If there is self esteem without humility, it leads to arrogance and if there is humility without self esteem it leads to subservience. Both of these are of the EGO."*



In Jeffrey's Bay, a workshop was conducted with a group of municipal workers on self motivation and empowerment. Br Yogesh inspired the group with the perspective that, *"There is a huge human potential - a more powerful version of the self trying to emerge. We have more to unlearn than to learn. Bringing our past into the present inhibits our unlimited self by creating limitations and barriers."* There was much enthusiasm from the participants and Br Yogesh's discussion changed the atmosphere and lifted their spirits.



The next stop on the national tour, was Durban, where there were a string of programs both for the public and the BK family. The public programs included an interfaith dialogue on Friday evening, presentations on the theme, Clear Thinking as well as a special sneh milan for professionals on the topic, "Get off the Human Grid with Soul Power". The final program was held in a relatively new town, Richards Bay where classes have begun, which was very well received and attended.

Returning from Durban, Br Yogesh had a program in the administrative capital of SA, Pretoria, followed, the next day, by a public event at a new service area in Witbank. At this talk the emphasis was on our attitude, *"As I see, so I think and as I think, so is the world I create."*



A public program was held in Nelspruit, with the focus again on attitude. *"Do you see yourself with upgraded tolerance levels, a greater capacity to handle adversity, and the capacity to love and forgive? This is possible through our inner spiritual journey, so that we come back to our authentic self."*



Br Yogesh's tour ended with a retreat for men, titled, Creating Balance. There were 32 participants who explored spiritual principles and meditation to help create the balance needed to lead fulfilling lives. The participants enjoyed the beautiful surroundings of the golf estate called Prince's Grant and appreciated, Br Yogesh's facilitation through a journey of silence, reflection, engaging dialogues and insightful presentations.



The South African family was very grateful to Br Yogesh for his time, lightness, depth of gyan, which he shared with humility and love. Both the general public and the BK family derived tremendous benefit from his visit.