



# BK PHILIPPINES SERVICE NEWS

## International Youth Day

August 13, 2022

...and how each one, of all generations can contribute to the construction of this beautiful world. These are some of the powerful insights noted down by participants from Br. Yogesh's talk:

"Firstly, I like his analogy of a man and the globe puzzle. It is true and I realize that if we wish to come the world together, then as an individual I need to come together as a person, I need to be integrated, I need to bring every part of myself together and be in harmony with my own self and then I can be in harmony with others."



Br. Yogesh's talk

"If I want to contribute towards a beautiful world, then I need to upgrade myself, be the version 2.0 of myself and this correlates with the level of my self-respect. I need to be aware of my true self - the beautiful star, a loving energy, the spiritual self in the center of the forehead."

"The more I practice soul awareness, the real I, the true I, my sense of security will come from deep inside me and that ego masks will begin to disappear. I become more stable, more strong, more secure. Then my beautiful me is emerging from inside me. I am also able to share that to my family friends, work colleague. This is what is needed to create a beautiful world. I am able to be more tolerant, I am able to be more patient, I am able to be more encouraging . So this brings out the best me, the beautiful me then it becomes my contribution towards creating a beautiful world."



meditation experience

So is it possible for me to upgrade myself on the mind/spirit level?

What would a better you be like?

What is the level of my self respect?

What is my self respect based upon?

Where my self respect comes from?



one of the Golden Drops videos by Sr. Shivani