

## **“Face is the Mirror of your Mind” – Experience & Express**

The experience of being deceived by an unauthorised financial Institution recently made the public to be aware of the dealings they create with any other similar unauthorised institutions. More new laws will be intradused to protect the public being deceived. Greed for perishable walth will also increase in the human mind. Why not be satisfied with minimum facilities? “Contentment”, it’s not a must; nothing in this world is a must. Everything is a choice. Choice gives a change. Sometimes change is imposed on us. Still it brings newness.

Brahma Kumaris Raja Yoga Centres, Sri Lanka held an interactive dialogue recently at their centre in Bambalapitiya for the young people of all levels. An enthusiastic group of young professionals, young businessmen, and students from schools and universities were present. The remarkable event at this programme was the keynote speech on “Inner Experience and Outer Expression” delivered by a 28 year old young leader revealing a huge amount of practical experiences of his own personal life.

**Brahma Kumar Sathesh is the National coordinator for BK Youth activities in Singapore and was in Malaysia too. He has travelled to UK, USA and to many courtiers in the Asia region in conducting seminars and spiritual camps for the youth. He also has been an active core member of the organising committee of International Youth Forums annually held at the Academy for a Better world, Rajasthan, India for the past 12 years.**

His sharing on the theme guided the young minds to their personal challenges in life. “Life is not a bed of roses”, the decades old saying is still true. Every step is a challenge. The challenges that were taken as opportunities have been the success story of many heroes.

**“The challenge is, how to overcome this feeling of anger, hatred, fear or the feelings of past experiences? There are things in life we got to do. You can’t run away from them. It’s forced on you to do somehow. One of the key things that I believe is, to be in the Now. Live in the present. What I do now is going to determine my future.”** The audience was left to ponder on the statement BK Sathesh made.

*Enjoy every moment. Tap the source of your energy. Past is past. “I forgive him” I may say, but what happens when I see him again? Can I hide my feelings? No.  
My face is the mirror of what is going on in me.*

Sathesh continued drawing the attention of the audience to their “inner mirror”. The importance of having an experience is that one beomes more confident, skillful and thus is able to lead others. He further asked the participants to experience this within.

**“What do I need for my own self? One needs to see the mirror inside himself/herself. For that they need to have the knowledge about the mirror. What do they have to look for? What do they need to look in? So the 1<sup>st</sup> step to change is Honesty. Explaining this he mentioned that in our lives the people who criticise us, who comments on us are the people who like to make a deal with us. The ones who just say ok, ok will soon leave us. All kinds of outer remarks begins from the thoughts I create in myself. The seed of any weakness I see in me is my own thoughts. Whatever thought I create in me, I’m responsible for the decisions I make. That decision becomes my action or even be the vibration from my feelings. That becomes an experience.”**

The important thing one should realise is that if I create positive thoughts I will build a positive outlook in me and the negative thoughts I create will build a negative weak outlook however much make-up I put on me. Waste thoughts drain all the energy I have mentally, physically and

spiritually. Ordinary mundane thoughts are just good for survival. But what do I need to do in my life?

BK Sathesh concluded his speech leading the crowd to an experience. Building a healthy nation for tomorrow lay on the healthy spirits of today. That hidden power has to be awakened. Then they will be happy with what is going on in their lives. Their past memories will give them the feeling of responsibility of the younger generation. They will answer the call of the time. The time will definitely wait for them. Congratulations will fall on them.

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