

Sister Meera's visit to Australia

From 12th April to 23rd April 2017, Sister Meera Nagananda, the director of Brahma Kumaris Malaysia visited down under, Australia. Souls in four cities took advantage of retreats and classes covering various deep topics to help them progress in their spiritual journey.

BRISBANE (12th - 13th April)

Sister Meera's first stop was Brisbane where souls were keen to lap up the deep churning that she is so well known for. She shared spiritual insights and inspirations amongst a beautiful gathering.

GOLD COAST (13th - 14th April)

Thereafter, Sister Meera gave a talk to a small and intimate group in Gold Coast on the topic 'Remaining Calm in Crisis'. A point captured was "you can help yourself to develop a calm and peaceful character by meditating every day. Don't wait for a crisis before you decide to practice". The family made the most of her company from a short visit.

MELBOURNE (14th - 20th April)

Over the long Easter weekend, Sister Meera then travelled to Melbourne, where she conducted a programme at Fitzroy centre on the theme 'A Calm and Stable Mind'. About 70 souls took advantage of it and they loved her precise and practical methods.

She then facilitated another retreat in at the Peninsula Retreat Centre, an hour's drive south of the city, which was unique as the Hindi and English programs happened one after the other. Altogether about 70 people attended. Some of the themes of this combined retreat were inner leadership, how to get rid of waste thoughts, and respect and self-respect. A couple of points taken on board were the importance of having a balanced combination of virtues. For example, determination together with patience.



SYDNEY (20th - 23rd April)

At Sister's Meera's last destination, Sydney, she shared insights on 'Success' which benefitted a class of around 30 souls in Five Dock. She spoke about faith, determination and thoughts. As she loves to play on words, she said that 'in determination, there is no termination', meaning that when we are determined we will not stop before we reach our goals. The two main slogans she strongly emphasized were "Think slowly, think positive and think less" and "I will, I can and I am".

Within three days of a Hindi/Tamil/English retreat which took place in Blue Mountains, Sister Meera gave classes around the topics of 'importance of thought power' and 'depth of yoga'. Altogether approximately 60 souls were sustained. She covered a variety of areas such as tips for early morning meditation, 'volcanic yoga' (intense meditation) and being loving and detached. Everyone enjoyed their time together.



After a spiritually rich visit full of enthusiasm and newness to Australia, Sister Meera returned to the Asia Pacific Retreat Centre in Malaysia where retreats occur every weekend.

Om Shanti