

**ATAM PRAKASH BHAI JI - TOLI**  
**VISIT TO KINGSTON, JAMAICA**  
**28<sup>TH</sup> – 29<sup>TH</sup> MAY 2018**



**Atam Prakash Bhai Ji** from Madhuban was on the **Caribbean tour** for the spiritual service. He was in Jamaica for 5 days and had important programs organized in **Kingston, Ocho Rios and Montego Bay** including the BK classes, Meditation and also some personal and VIP meetings.

**Monday, 28<sup>th</sup> May**

Bhaiji arrived in the afternoon and was welcomed by the Jamaican special food of Ackee, Breadfruit, Kallaloo and Chocho. After taking the rest he was eveready for the service and had two personal meetings before proceeding to the hall for the public program.

Bhaiji attended the group leader **Mr. Roger Williams of 'Rajah With The World Band'** who received the blessings before the performance. Brother Paul also joined the chit chat.



Bhaiji also attended **Mr. Conrad Miller, the Michanical Engineer at Electrical Power Company in Jamaica**. They had a very constructive discussion on practising meditation on a daily bases.



They also took a walk in the garden in the fresh air while understanding the knowledge in a better way.



The public program at **Club India** was started at **7.00 pm** with the light music played by **Mr. Roger Williams** of '**Rajah With The World Band**' followed by **Gyatri Mantra** sang by one of his group members who practices the Indian prayers and language. Brother Roger Williams came all the way from the another city **Ocho Rios** specially for the performance. He also sang the song written by himself "**Keep The Faith**" which was beautifully rendered well.



Also a little kumari **Arya Premraj** danced gracefully to welcome Bhaji and the guests present in the hall to start the program. Arya comes to the BK Centre with her mother **Ambily Premraj** to practice meditation.



**Atam Prakash Bhaji** gave powerful class on '**Meditation and its benefits**'. Approximately **35 people** were present to fill their aprons with the words of wisdom followed by the guided meditation by Bhai ji.





**Tuesday, 29<sup>th</sup> May**

The precious and powerful day started with the collective Amritvela meditation conducted by **Bhai ji with sister Bharti and brother Paul**. The spiritual vibrations made everyone filled with Baba's love and happiness.

There was the **Murli Class with seven BK children** followed by the 10 tips for '**How to make Amritvela Powerful**' –



- 1) Start preparing yourself from the previous night by having light meal and Baba's remembrance before going to the bed. Sleep in Baba's lap with a lot of love by thanking Him for the day.
- 2) Do not meditate sitting on your bed where you slept for the whole night because it has such vibrations which could easily pull you to the sleep.
- 3) Wash your eyes and face with water to avoid the sleep and become fresh for meditation.
- 4) When we feel drowsy clap or shake your hands and make yourself alert in order to get rid of the intoxication of the sleep at Amritvela and you must be happy to remember Baba.
- 5) If needed then have a quick shower to conquer the deep vibrations of sleep at that hour so that the blood circulation becomes fast and you become alert and active.
- 6) In case you need to take a walk for 15 minutes and then sit and do meditation would also be one of the effective tips.
- 7) Empty mind is devil's house so you can also read few points from Murli and give the mind job to think and churn over the Murli points then chant the Mantra of 'Manmanabhava'.
- 8) The secret of Amritvela is the beginning. '**Well begin is the half done**' So sit with the intoxication that I have an appointment with **The Supreme Father The Supreme Soul The Highest Almighty Authority The Highest On High Shiva Baba** and maintain that zeal and enthusiasm and you will feel you can fly.
- 9) If you really want to enjoy an appointment with Baba then consider yourself to be a point of light soul.
- 10) Especially maintain the balance between loveful remembrance and powerful remembrance because love is the medium to receive power from Baba. You can receive tremendous power from Baba at Amritvela.
- 11) The sign of having successful yoga is you feel that your battery is charged fully with lightness, happiness and freshness.



Of course, the class can never be completed with sweetening the mouth especially with the Madhuban Toli.



Bhaiji also attended Harish Bhai Lachmandas and his wife Shalini Latchmandas who is BK and also one of the directors of Brahma Kumaris in Jamaica before leaving Kingston to go to the city Ocho Rios, the next service place.



Om Shanti