



SR. MANDA'S VISIT IN THE PHILIPPINES

June 10-11, 2023

The BK Philippines is being filled with BapDada and His divine instruments with spiritual treasures, after Br. Charlie's visit last April, then, we had Sr. Manda, the coordinator of Global Retreat Center of Oxford, London. This was the 2nd in-person BK Philippines retreat at at BK Center for Spiritual Learning in Tagaytay.

Around 70 BKs came from different centers. The retreat started with a short welcome program with a Bhangra dance and a welcome song number, after the Murli class.

On the first day, we had classes on Karma Yoga Stage, Workshop with the theme: Going back to the roots of the yagya. BKs were grouped into five according to age in gyan. And the Special Evening Yog Bhatti on Experiencing Blessings & Love. The yog bhatti created a very powerful atmosphere of sweet silence and Baba's deep love.

On the second day, we had amrit vela & Murli class, then some physical exercises, in observance of International Day of Yoga, and we had a class and a Q&A session.

It was a weekend filled with Baba's overflowing love, the joy of bonding with the divine family, and most especially the powerful gyan and yog experiences.

Quoting Sister Manda, "Our job now is to come together in generating this power of yoga..." As we do karma yoga, individually check, "What energy am I creating?"

Om shanti.

BKPH Retreat Activities

Sr. Manda in BK Makati

BK Philippines family in BK CSL



Meditation Cafe

BK Philippines Service News

The first meditation café was held on June 12, Monday, from 11 am to 4 pm by the Brahma Kumaris in the Philippines at the Center for Spiritual Learning (CSL).

It coincided with the Independence Day, a holiday, which gathered not just young people, as originally intended, but also older people and children, either formally invited or were walk-ins from the neighborhood as they saw the tent pitched in front of retreat center, which led people inside the center.



The participants – around 65 guests and 25 BKs came. The guests were from local schools, local youth leaders, friends and family members of BKs, microfinancing company, Tagaytay Medical Center, contacts of Brahma Kumaris, and some were walk-ins.

The aim of the Meditation Cafe is to create a space for youth and young adults to experience peace through silence and meditation, and as well as to express themselves through sharing their thoughts and ideas and through different forms of arts – singing, dancing, drawing & gardening.



Young BKs welcomed the participants and invited them for a virtuescope activity, a light conversation over coffee. Participants also enjoyed the open gallery viewing of Raja Yoga images on soul, God, virtues and powers, and many more.

The coffee served was appreciated by the guests, as well as the vegetarian spaghetti and pizza for lunch and BK t-shirt prizes from the raffle.

The event was highlighted by a concert where children of BKs delighted the participants. Workshop participants from the music, dancing and the arts also presented their outputs.

The program ended with a meditation commentary led by Sr. Rajni Daulatram, coordinator of BK Philippines and Japan.

Everyone received their sweets and blessings. It was a day filled of beautiful vibrations of peace, meaning, lightness, creativity and happiness.

Om shanti.

