

30th Asian Retreat and Visit of Dr Savita to Malaysia from 16 to 26 June 2023

Malaysia has been hosting retreat for Malaysia family in particular and Asia in general every year for the past 29 years. This year we thought of trying some newness with the aim to give every BK an opportunity to stay in Asia Retreat Centre (ARC). So, we divided the retreat in four parts. Part 1 of the retreat was attended by Southern Region and Part 2 was attended by Northern Region. Our guest and resource person was Dr Savita from Shantivan.

Themes of each retreat was different:

Part 1: Get Ready for final Chapter

Part 2: Go Fast Come First

Asian Retreat for Southern Region 16th – 18th June 2023 at ARC, Malaysia

A 3 Days 2 Nights retreat with the theme “Getting Ready for the Final Chapter” was held for about 150 BKs from Johor, Melaka, Singapore, Indonesia and Thailand. Our guest was the sweet and angelic Dr Savita from Madhuban who together with Didi Meera conducted classes and dialogue sessions for us. The retreat began on Friday evening with the honouring of Dr Savita, followed by the inauguration ceremony, and a cultural performance.

On Day 2, there was a workshop where participants discussed in groups and presented some of the key points shared by Dr Savita in a class. There were 4 pilgrimage places set up for us to spend our free time reflecting and meditating; the Golden Age room, Baba’s Room, History Hall and the Ancestor’s Room. The library was also opened at specific hours so that we can spend some time reading. One of the highlights of the retreat was the first time ever in the history of BKs Tamil service; the launching of the Adi Dev Audio Book. Didi Meera took the opportunity to congratulate all those who were involved in this project. To express our appreciation to Dr Savita, we presented her with a beautiful memento that was customised especially for her. Each participant also received a blessing, toli and a gift as the custom of every Asian retreat. It was a unique experience this time as everyone gathered under one roof at ARC throughout the retreat unlike previous retreats where many had to stay in nearby hotels and rushed for the buses between the hotels and ARC. Most participants enjoyed themselves at the retreat and are looking forward to the next one soon.



Asian Retreat for Northern Region 23rd – 25th June 2023 at ARC, Malaysia

On Friday morning, participants arrived by two chartered buses, cars, train and flights. Our main guest was the sweet and angel Dr Savita from Madhuban who together with Didi Meera conducted classes, forums and Question and answer sessions. The retreat began at 5pm on Friday evening with an ice breaking session on formulating a vision statement for self, centre and region. This was followed by a welcoming ceremony and honouring of our chief guest Dr Savitha. A colourful cultural performance which included a Malay dance and a Baba Nyonya dance was held. This was followed by a short class and meditation on the theme "Come Fast & Get Most" by Dr Savitha.



On Day 2 , participants experience powerful Amrit vela together followed by meditation, murli and class on "Emerging My Golden Aged Perfect Self and Being Merged in that Form" by Dr Savitha. Subsequently, classes on the theme "Call of Time and Signals" was given by Didi Meera. Participants particularly enjoyed Dr Savitha's personal spiritual journey sharings. Later in the evening, a forum was held which consisted of valuable inputs from three seniors (Br Jothe, Sis Vimala and Sis Susan). Dr Savitha also shared her personal experiences with the Dadis which inspired the brahmins who could not Dadis personally.

On Day 3, there was a special Mama's murli, class and sharings on Mama's specialities by both Didi Meera and Dr Savitha followed by a special bhog offering , toli and blessings for both participants and karmayogis. After breakfast, a forum on "Getting Ready for the Final Chapter" was shared by Bro Peru and Bro Pure. Finally, the retreat finished with a Q/A, sharing of experiences, presentation of a special gift to Dr Savitha and gifts, blessings, tolis for the participants. Everybody truly enjoyed the retreat and took a lot of benefit from it. Participants found the retreat to be more comfortable as they did not have to rush to ARC from hotels as in previous retreats.



Public Talk “Practical Steps to Holistic Health” held in Brahma Kumaris Foundation, Bangsar Branch, Kuala Lumpur 18 June 2023



The general turnout of participants was good with 25 new souls and more than 60 Brahma Kumaris and Brahma Kumaris contacts. Amongst the attendees were the VIP and IP souls from INSaF and Pure Life Society, namely Dr Amir Farid bin Dato Isahak, Chairman of INSaF and Mr Krishnamoorthy Poothapillai, the former Honorary Secretary of Pure Life Society. Four committee members of INSaF also attended. A businesswoman Madam Susila from Aboorvas Jewellery in Klang and Kuala Lumpur attended. A member of the Royal Family together with a foreign national from South Africa (diplomat) made their appearance too. Most of Pure Life dignitaries did not attend as they were observing mourning period for Mother Mangalam. The program flow was good and smooth. Tolis and blessings were distributed to attendees. Everyone also received a food packet each.

Overall program was a success with co-operation from the many Brahma Kumaris Centres and the Brahmin Family as a whole. A word of thanks to Dr Savita, Didi Meera and the Brahma Kumaris Family for making this program a success

UN International Day of Yoga 2023 held in Brahma Kumaris Foundation, Bangsar Branch, Kuala Lumpur on 25 June 2023

Brahma Kumaris Foundation celebrated the 9 th UN International Day of Yoga on 25th June 2023, a program that was supported by the High Commission of India to Malaysia. The much anticipated event was attended by H.E. Mr. B.N. Reddy, High Commissioner of India to Malaysia, Raj Yogini Didi Dr. Savita from Brahma Kumaris Headquarters, Mt. Abu, India, Raj Yogini Didi Meera Nagananda of Malaysia, BK C.F. Pui, Board of Trustees, Brahma Kumaris Foundation and more than 13 Heads of Interfaith Organisations and Community Leaders. A total of approximately 150 guests attended the celebration.

The event was officially opened by HE Mr. B.N. Reddy with welcome address by BK Pui, followed by a very splendid candle lighting ceremony with all the Interfaith & Community Leaders. In his speech, His Excellency gave words of appreciation to the work done by Brahma Kumaris worldwide in providing unity & human values to people of all walks of life.

All guests participated fully in the yoga exercises conducted by Master Shree Sandee, Yoga Master from the Indian High Commission in Malaysia . The program culminated with a talk titled “Yoga for Body, Mind & Soul: Embracing Holistic Wellness” by Raja Yogini Didi Dr. Savita, a combination of medical science with holistic wellness and a guided meditation experience on peace and love by Raja Yogini Didi Meera. Students, ranging in age from 6 – 16 from the Malaysian Yoga Wellness Association (MYWA), demonstrated an awesome performance. It was a marvellous event of contorting the body in different poses demonstrating the flexibility of the human body.

Dr Savita also delivered an insightful talk on “ Managing Stress & Pressures in Life”. Sustenance classes were also conducted for BKs at Harmony House, Bangsar Centre and Asia Retreat Centre

