

SERVICE REPORT

DIDI AMBIKA and SpARC TEAM'S VISIT TO MALAYSIA, 12TH TO 16TH DECEMBER 2019

Malaysia had the fortune of having the following three senior SpARC Team members' visit led by Didi Ambika, the Regional Coordinator of Bangalore, India.

1. Didi Ambika - Chairperson, SpARC Wing of Brahma Kumaris
2. Dr. Sushil Chandra – Scientist, Management Member of SpARC Wing
3. BK Shrikant – National Coordinator SpARC Wing, Mt Abu

The three-member mission had come on the invitation of the Indian High Commissioner in Malaysia to conduct a one-day Training Course on the "Scientific Approach to Spirituality". This was the outcome of Didi Ambika's recent visit to Malaysia for the Raksha Bandhan Program in August 2019.

During their mission a couple of programs for BKs and non- BKs took place as detailed below:

12 Dec 2019, Thursday afternoon - Ministry of Health, Traditional & Complementary Medicine Division



Immediately upon arrival, the team had a meeting with the Ministry of Health, Traditional & Complementary Medicine Division Head, Dr Jaspal Kaur, and her team of four officials. The aim was to share the science of Raja Yoga Meditation and its positive effects on human health and well-being as a tool in self-healing and in combating diseases. At the moment, the Ministry of Health Malaysia has yet to recognize or regulate Raja Yoga Meditation as an alternative medicine and, hence, would not be able to support, endorse or participate in any of the collaboration proposals. It is hoped that the meeting would open up the opportunity for the Malaysian government to regard Raja Yoga Meditation as a powerful tool in addressing human health and positive behavioral changes. Scientific research papers were shared and the Division would study the documents to assess the extent Raja Yoga Meditation can be classified as alternative medicine under non medicine realm or other medical and health science division.

Indeed, it was an eye opener to the Ministry's team of officials and they were intrigued with the knowledge and the positive research results of the Raja Yoga Meditation and our genuineness in benefitting humanity.

Saturday, 14 Dec 2019 - A One-Day Training on the “Scientific Approach to Spirituality” at the Indian Cultural Centre of the Indian High Commission at Brickfields, Kuala Lumpur



The highlight of the SpARC Team’s visit was the one-day Training, from 10a.m. until 5p.m, under the patronage of the Indian High Commissioner, H.E. Shri Mridul Kumar, and his lady, Shrimati Sumita Kumar.

A total of 44 participants attended and benefitted greatly from the Training.



Both Didi Meera from Malaysia and Bro Letchu, Brahma Kumaris Malaysia National Coordinator, were also present.



BK Shrikant, National Co-ordinator SpARC Wing, gave an overview of his role in the co-ordination of research and development on Applied Spirituality of the Brahma Kumaris' spiritual knowledge both in India and abroad.

BK Ambika addressed on the importance of ***"Spirituality and its Powers, to face Challenges"***. The experimentation of solution and the transformation is true Spirituality. It is the balance in relationships and values that lead to the success of Spirituality but it is not just experiencing happiness only. Meditation is not about closing the eyes but the shifting in the consciousness of the reality while in the act itself. The light of knowledge in Spirituality gives clarity to the self to find timely solutions.

Dr. Sushil Chandra (Scientist) mentioned that a ***Scientific Approach to Spirituality*** allows us to face challenges in life. Habits formulated over a period of time (whether in social or personal life), God has given us the power to re-engineer them to change our lives. Perception creates beliefs which create our attitude. That Science is limited by the five senses of the body and is confined to proofing whereas Spirituality is about experiencing the being itself.

Didi Meera spoke on the ***"Seven Keys of Enlightenment"*** being the seven key chapters of Raja Yoga Course and was well received by the participants.

Bro. Letchu, in his Vote of Thanks speech, highlighted the importance of investing time in meditation to bring out the innate positivity within in the form of powers, virtues and wisdom for a better life.

Overall, it was a thumbs up from the floor. Participants were thoroughly convinced of the Science of Spirituality and Power of Raja Yoga Meditation in addressing positive health and overall well-being.

BK Classes and BK Retreat at ARC – 12 to 15 December 2019



Dr Sushil presented a couple of beautiful classes using Scientific-approach which benefitted many. Among others are:

The Science of Raja Yoga Lifestyle & its Principles – the understanding of the correlation between Raja Yoga Lifestyle and Science is especially useful in helping us to have a clearer and deeper understanding of Baba’s knowledge, hence making more effort with greater accuracy and intensity. Each point of knowledge has correlation and effect on our life directly in a pure scientific manner. The correlation would further help us to share knowledge with greater receptivity with professionals and intellectuals – that what we practice is proven and convinced scientifically.

Where Science is still trying to prove with facts and figures, Baba has conveyed everything very simply that can easily be adopted.

For example:

- In a **Soul Conscious** stage, it is not about thinking that I am a soul but the feeling and experience that I am in a soul conscious stage itself ... thinking is different from being in that state. Baba wants us to be in the “being” state which will automatically shift our consciousness to anchor in the right consciousness that will finish off the influence of vices
- At **Amrit Vela**, Science has proven the presence of negative ions in the atmosphere that support us to still our mind. Thus, allowing synchronization and the symmetry of the left and right brain which can automatically perfect our balance within such as love and law etc.
- **Murli** helps us in understanding what is right and what is wrong and if we adopt it in our lifestyle positively, it becomes our new sanskar, hence enabling transformation through re-engineering our sanskars.
- During **Traffic Control** neuronal circuit formed around the brain out of thought created during work activities get disengaged and freed, thus leaving the space to re-engage in a positive way as we want to think and be rejuvenated.
- In a long-term meditator of more than ten years, it was found there was a **structural change in the brain** which enables greater clarity of mind and more accurate decision-making by the intellect. Mind = thinking science, Intellect= decision science, Sanskar = behavioral science.
- **Goodnight Meditation and Chart** – in cognitive study, it is well proven that in cases where one is able to off-load a cognitive burden, one will get a good night’s sleep. Baba taught us in such a simple way of writing a chart and off-load it to Him like what a businessman does in the evening of charting the profit and loss account for the day ... that process will continue to function in the night and if it gets up-loaded and off into Baba’s Lap, it will result in a very good night’s sleep.

MUSE Device Test

Bro. Shrikant got all ARC niwasis excited with the MUSE device testing which can measure the state of one's calmness, relaxation and peace of mind.

16 Dec 2019, Monday Morning BK Class, at Brickfields/Bangsar Centre



Didi Ambika highlighted the importance of taking care of **three** types of Karmic accounts and the methods in settling each.

1. Account with the self – through volcanic yoga. No one can help to settle except the self.
2. Account with others (relationships) – relationships should be purely for Baba's service. Negative accounts come with bondage, hatred, jealousy. Finish these by being honest with Baba and be safe. Cut attractions with souls. Finish negativity at thought level by giving good wishes and not through words. Otherwise they will multiply.
3. Account with elements (Nature) – when misusing nature for selfish motive – use treasures for good cause by contributing to human souls for sustenance. The return will be in abundance.

Giving is receiving. Accounts come as a test paper so churn Baba's knowledge. Only Baba's knowledge will bring salvation to finish vices.

16 Dec 2019, Monday Morning Interview with The Sun Daily Press



Didi Ambika and Bro Shrikant were both interviewed by **The Sun Daily** which is Malaysia's first free newspaper with the widest readership. The positive impact is shown from the scientific research findings by SpARC that Raja Yoga meditation is worth sharing with the masses. Practical device, MUSE testing the state of being, relaxation and peace of a mind in relation to brain functionality was also demonstrated on the spot.

16 Dec 2019, Monday Morning - Meeting at CISIR, University Technology PETRONAS, Tronoh, Perak, Central Region of Malaysia



Dr Sushil and **Bro Letchu** had a meeting with the Head of The Center for Intelligent Signal & Imaging Research (CISIR). CISIR is the brain research Centre under the Institute of Health & Analytics of University Technology Petronas, Malaysia.

Dr Sushil shared his work on Brain Science and his research study on the positive impact of meditation on the brain. CISIR Team were impressed and wanted to know more. Dr Sushil extended an invitation to CISIR to join in the brain research collaboration currently undertaken by SpARC with AMITY University in India (where he is the Adjunct Professor) and Brahma Kumaris Malaysia could also join in.

Our heartfelt thanks and congratulations to Didi Ambika and the Team for leading the Scientific Research mission and the sharing to help souls in their effort to reach out. It is hoped that through this Mission, very soon Malaysia can embark on the research related collaboration to serve its people. Above all, our transformation matters most to give the experience and to make a difference to reveal Baba.

Lots of love,

Malaysian Divine Family