

SPECIAL SERVICE NEWS PHILIPPINES

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STEP UP YOUR LIFE BK CHARLIE HOGG AND BK AYAKO ICHIMARU

JUNE 5, 2018 AT ONSTAGE THEATER, MAKATI CITY

SOME 500 professionals turned out on a rainy Tuesday evening (June 5) at Onstage Theater in Makati City for Brahma Kumaris' free public program about inner resilience, with BK Charles "Brother Charlie" Hogg as speaker and featuring acclaimed violinist Ayako Ichimaru.

The program, "Step Up Your Life," opened with BK Ayako, former concert mistress of the celebrated Asian Youth Orchestra, playing a lively number, "Awakening." She introduced the tune as an expression of the warmth and love that enfolded her heart as soon as she embarked on a spiritual journey.

Brother Charlie, National Coordinator for Australia (on his 21st visit to the Philippines), went straight to the core of the subject at the start of his 45-minute talk. Many are worn down by the "tsunami of feelings" brought about by challenging times, he said, but every person has the capability to step up in life. In a nutshell: "Step into the person you want to be (empowerment), step out of conflict and hurt (vulnerability), and finally step up to loving

relationships (resilience)."

"Stepping in," he explained, is reconnecting with the true self from which most people have been disconnected. Everything we need is inside of us, he said by way of introducing meditation as the key to this authentic self.

Midway through his talk, to illustrate that process of reconnection, Charlie led the audience in a meditation experience.

Resuming the discussion, he then enumerated the ways that one is blocked from reconciling with the self, among them arrogance and lack of self-respect, "both stemming from ego." One must first remove ego, he stressed. "As much as one has self-respect, he is able to experience true love, and then step up in life."

Resilience, he said, is learning to flow in any situation, not being influenced by outside factors but, instead, "having the ability to control one's thoughts" and, when necessary, transforming wayward thoughts into good wishes and pure feelings.

Charlie elaborated: "People respond to goodwill. When one gives love, people change. So good wishes and pure feelings purify even the atmosphere."

Later, fielding questions from the floor plus a few sent via text messages, Charlie got to introduce the audience to basic Raja Yoga methods. "The best time to meditate is at 4 in the morning," he said. "As soon as you wake up, you should feed your mind with positive thoughts." To develop the habit and integrate it with all other activities, he suggested "meditation with open eyes, for at least three months"

Ayako played two meditative pieces—"Remembrance," about God, she said, who gives her unlimited and unconditional love; and "Going Home," or being "reunited with God"—to launch the evening's final meditation experience with a moving live commentary by Charlie.

Thus concluded a combined feast for the mind and heart through vibrations, music, and love-filled words, a practical illustration of yoga as a spiritual link between souls and The Beloved!

(Brother Charlie's talk may now be viewed on YouTube: <https://www.youtube.com/watch?v=K3FAtSnnvF0&list=PLZvPU8vq6SOCWPdJtAwvSv6YKeXc4vi8Z%29>)



INNER GOOD GOVERNANCE

WITH BROTHER CHARLIE
JUNE 11, 2018, BENGUET CITY

The Office of the Provincial Governor of Benguet, Northern Luzon, Philippines (312 kilometers north of Manila) and the Brahma Kumaris Philippines Spiritual Foundation, Baguio Branch, held a special program and lecture on "The Role of Governance for Peaceful Co-Existence in the Organization" on Monday, June 11, 3 to 5 p.m. Brother Charlie was special guest speaker.

Some 100 participants braved the heavy rains to attend the event held at the Benguet Provincial Capitol. The Hon. Governor Cresencio C. Pacalso stayed till the conclusion of the program and was seen intently listening to the talk—as was everyone else in the hall.

Charlie, smiling and gentle as always, focused on inner good governance or inner leadership while considering the mind as sacred space. He urged he leaders to allow people under their supervision to be different. "Forgive more and let go," he said, explaining the need for meditation to create an atmosphere of peaceful co-existence with others and also to connect to the Supreme Being, the Unlimited Source of Love.



WITH BK AYAKO ICHIMARU

In a short class at the Baguio Centre later that evening, "Kuya" (Filipino term of respect for an older brother) Charlie emphasized love for Baba as the foundation of Brahmin life. The message was clear, coming as it did from one so obviously an embodiment of spirituality in daily life. Sister Praveena, visiting from Madhuban, talked briefly about respect and, again, love, this time for the spiritual family.

Much appreciation for
Baba's sweet instruments!

SELF-MANAGING LEADERSHIP FOR POLICE OFFICERS

WITH BK MORNI, JUNE 14, 2018,
PHILIPPINE NATIONAL POLICE, QUEZON
CITY

SOME 80 officers of the Philippine National Police (PNP) Center for Strategy Management (CSM) participated in this Self-Managing Leadership session, an "inside-out" approach.

BK Sister Morni Chen of Australia, guest speaker, underscored the importance of managing the mind so that it creates only thoughts beneficial for the self and others. She led them through a meditation experience to connect to the Supreme Leader, creating a powerful atmosphere of silence.

General Barraceros, head of the CSM, thanked the Brahma Kumaris for its consistent support of the PNP's Continuous Learning Program.

THE HIDDEN MIND & WEALTH

WITH BK SISTER MORNI
JUNE 20, 2018, INNER SPACE-MANILA



BK Sister Morni kept her listeners in Inner Space Manila Center's filled hall focused and attentive during her very engaging talk about "The Hidden Mind & Health" on Wednesday, June 20.

"Nothing is more valuable than the mind," she said, citing examples of personal experiences. She emphasized the Law of the Mind: 'What you think, you create,' and proceeded to show how the right match of positive thoughts and feelings attract desired results.

More interestingly, Morni explained that it's less natural in human nature to "think" than to "be." Thus, "Be Peace, be Love."

In closing, she led her audience through an experience of focused thoughts on being Peace.



AGE WITH GRACE

PUBLIC PROGRAM WITH DIDI NIRMALA
JUNE 13, 2018, LOTUS CENTER
IN QUEZON CITY

Despite a sudden downpour in the early evening of June 13, some 75 guests, BK contacts and students came to attend "Age With Grace," the Quezon City Lotus Centre's special public program featuring Didi Nirmala.

Didi had just come from a gathering of Asia-Pacific national coordinators and centre coordinators at the Centre for Spiritual Learning in Tagaytay City (70 kilometers south of Manila).

Dr. Florence "BK Poyen" Tienzo primed the audience for the main topic by speaking about six dimensions of wellness – spiritual, physical, emotional, intellectual, social and occupational. She led the participants through a Wholeness Reflection Exercise to assess their personal levels, and left them with food for thought as to which among the six dimensions served as anchors in their individual pursuits of aging with grace.

Didi followed through, covering each dimension, noting practical tips such as, "Do not self-medicate," and eventually discussing at length the basis of spiritual understanding and practice. "Knowing the Supreme Father as an energy point of light similar to ourselves enhances our relationship with Him as souls," she said. She proceeded to elaborate how connection with the Supreme through meditation stabilizes and strengthens the mental, emotional, social and other aspects of life



UN INTERNATIONAL DAY OF YOGA

JUNE 17, 2018, ACTIVITY CENTRE OF
AYALA MALLS SOUTH PARK,
MUNTINLUPA CITY



The Embassy of India organized an all-afternoon event in observance of the UN International Day of Yoga at the Activity Center of Ayala Malls South Park in Alabang, Muntinlupa City.

Participants, including walk-in mall promenaders, got to try different yoga practices, among them Hatha, Kirtan, Kundalini, Ashtanga and Pranayama. Brahma Kumaris concluded the celebration with a Raja Yoga guided silence meditation for experiencing inner peace and oneness with The Beloved, beautifully conducted by BK Sister Morni with three Philippine sisters.

Three more sisters helped distribute blessings and brochures afterwards. Members of the organizing committee requested several snapshots with the BK team.

Right on the heels of the national retreat with Didi, the Indian Embassy event was a unique instant service opportunity, but no less precious in terms of inner satisfaction.

NATIONAL “SAMAPTI VERSH” RETREAT WITH DIDI NIRMALA

JUNE 15-17, 2018, BK CENTER FOR SPIRITUAL LEARNING, TAGAYTAY CITY



Six months into the year of completion –Samapti Versh, which Baba marked last December– 140 BKs from around the Philippines had the fortune of spending time with Didi Nirmala in a two-and-a-half day retreat at the Center for Spiritual Learning in Tagaytay City.

The retreat allowed the participants to look deeper into their efforts for complete transformation. It kicked off with a class on “Purity as the Decoration of Brahmin Life,” which emphasized that the basis of purity is knowledge: “if I know Baba, I know myself, I will remember Baba and I become pure”.

Purity at this level, Didi said, “manifests in natural beauty and a sparkle on one’s face with powerful drishti” and also with sweet words, whether heeded or shared. On a subtle level, she added, “Soul consciousness is the sign of purity experienced in the bodiless, egoless and viceless stage.”

Accurate yoga, as one of the pillars of intense effort, was emphasized by Didi, who proved at once fastidious and merciful as she tirelessly checked how alert/awake each one was at amrit vela and every meditation session. “The Year of Completion is not the time to move like worms, but the time to fly” she pointed out with characteristic firmness.



In preparation for Raksha Bhandhan celebrations, 15 checking points were individually churned in silence. These points were summarized in three key questions: 1) What weakness do I have which I have to renounce? 2) What power do I need in order to transform that weakness into a virtue? 3) Have I conquered Maya in all her subtle forms?

Known for festive and colorful celebrations, the Philippine BKs reveled in lively songs and dances as Didi, Praveenabhen also from Madhuban, Sister Morni and Sister Rajni were feted in the welcome session and cultural program/honouring rites for those who have been in gyan for 20 years.

All throughout, the retreat atmosphere was noted to have resembled courtyard gatherings during Sakar Baba’s time. Didi, as spiritual mother, candidly shared her observations about the Philippine family, but leaving behind feelings of love and concern, the better for everyone to move forward with great speed!