

Report of Dr. Girish Patel 's Visit to Malaysia. 6th - 9th July 2018

Brahma Kumaris Malaysia had the fortune of having Dr Girish Patel, world renowned psychotherapist, author and trainer from Mumbai from 6th to 9th July 2018.

Despite the overnight flight and little rest, Dr Girish looked fresh and was interviewed by the Sun Newspaper for a full 3 hours from 11 am to 1.00 pm on 6th July.

Health Retreat "Illness to Wellness" Fri, 6th (6pm)-Sun, 8th July (1pm) at ARC

The main purpose of Dr Girish Patel's visit to Malaysia this time is to conduct the Health Retreat with the theme "Illness to Wellness" for contacts and the public. About 90 health enthusiasts from different parts of Malaysia, took part in the holistic and rejuvenating program designed to help them regain and sustain health and wellness.

The feedback from participants was a resounding "thumbs up". Not only did they learn (1) New dimensions in illness management, (2) Healing emotions and organs, (3) Managing thoughts for better health, (4) How to use the power of our sub-conscious to improve the functioning of our physical organs, (5) How to manage and regulate breathing, but they also learn how to feel great no matter what happens!

Dr Girish also incorporated physical techniques to aid the healing process. He demonstrated how to regulate breathing as well as a set of exercises which he calls 'magnetic yog'.

Program at Cansurvive Malaysia "The Healing Mind" Sun 8th July, 4 - 6 pm

After the Health Retreat, Dr. Girish Patel went straight to Petaling Jaya where Cansurvive Malaysia had organised a talk on "The Healing Mind – Emotional Intelligence to heal your Heart and Head". Nearly 80 participants listened intently to Dr. Girish's sharing on:

- How to train the Mind to help the body perform at its peak.
- How to manage stress & emotional disturbance due to cancer or other illnesses.
- Techniques developed by Dr. Girish to reverse the disease process such as 3F's (Face it, Fulfill it, Free the self), SIR (Silence, Internalize, Repeat), etc.
- Making necessary lifestyle changes to control disease.
- Dealing with patients with sympathy (especially, care-givers / care takers).

Dr Girish Patel's sincerity and enthusiasm endeared him to all the participants.

BK Class at Bangsar Centre, Sun. 8th July, 7.30 pm

Dr. Girish's enthusiastic and tireless attitude was clearly visible as he went from one program to another on Sun 8th July.

There were more than 80 BKs brothers and sisters waiting eagerly in Bangsar Centre to listen to his wisdom and deep knowledge on "Thoughts, Awareness, "Sensation" – the subtle feeling even before awareness and thoughts, and how to bring about transformation in self."

He said: the more we watch and observe our thoughts and awareness, the better we can change at the micro level. In order to have unlimited disinterest, we should use our (1) Eyes as Camera (2) Ears as Recorder and Hands/Tongue as Sensors. This simple practice can help us a lot and enable us to have "Zero thinking".

Class after Murli on Mon. 9th July

Dr. Girish gave a powerful class on different types of thoughts on Mon, 9th morning. He said "to transform ourselves, we must know and recognize these different types of thoughts/thinking. There are (1) Toxic thoughts, (2) Negative thoughts (3) Waste thoughts (4) Obsessive thoughts (5) Automatic thoughts (6) Necessary thoughts, (7) Right Thinking (8) Positive thinking (9) Elevated thinking (10) Zero Thinking.

Live Interview by Bernama TV on Mon. 9th July 2018

Dr Girish was also interviewed by TV Station BERNAMA Today (The National News Agency of Malaysia) on the theme "Illness to Wellness." Dr. Girish gave very candid and practical answers to some of the questions like : The real reasons for heart disease, high blood pressure, diabetes, etc. and how the mind can heal these diseases, managing stress and how to make meditation easy.

Overall, Dr. Girish Patel's visit to Malaysia was a success. Even though it was quite short (just 4 days), the programs were power packed and well attended. He received numerous praises and compliments for his cheerful, tireless and sincere dedication to serve humanity. His programs were light and entertaining, yet very informative and enlightening.

Thank you Baba, Drama and Seniors for making Dr. Girish's visit to Malaysia possible. Om Shanti.