

B.K. Sister Denise in Thailand

December 10-14, 2014

B.K. In House Programme

On Public Holiday 10 December 14, Sr.Denise arrived from Singapore (overnight stop from Australia) in the morning and started the first session right away at 10 am at 'Pinthu Centre' with Sr.Jyoti and over 40 students. Yoga Machine was the last class on the screen, next day, Thursday 11 December, 14. Sr.La and Br.Alagesen with his driver went to pick up Sr.Denise at 12 noon to have lunch in the car during 3 hours drive to 'Seagate', Nakhon Ratchasima. and reached on time for 3-5 pm Talk.



Seagate Way Motivational Talk

Attitude and Effects

December 11, 2014 (3-5pm)

Seagate, Nakhon Ratchasima.

It has been a long time wish to serve and benefit fellow Seagaters about spirituality. Finally, it happened through Sister La and Sister Denise who gave a wonderful spiritual experience.

Overall, the talk was a spiritual eye opener for Seagate management team. The talk was very well received and from the survey, it was clear that the audience wanted to hear more of such talks. Sister La's opening talk during the Brahma Kumaris Spiritual University's introduction in Thai, she was clear and candid to explain that the BKWSU is not a new religion as what some may think because of Wikipedia. Sr.La changed the perception and was further reaffirmed by Sister Denise through her professional way of engaging the crowd.



Approximately 60 participants, managers / directors with few foreign nationals attended this talk and was very engaging throughout the 2 hours session

Some of the feedback from the attendees:

- Very practical and to the point...very easy to understand...
- Never really know the linkage between thoughts, words and



Seagate Way Motivational Talk
Join us on 11Dec2014 for this insightful, positive and inspiring talk by B.K. Denise Lawrence, Coordinator of the Overseas Communications Centre, Headquarters, Brahma Kumaris World Spiritual University

Attitude and Effects

Your attitude creates the atmosphere
Your attitude is the result of the way you think and feel.
You communicate your attitude constantly with those around you.
Create a positive attitude, filled with good feelings, and even just your presence will do wonders in situations.

About the Speaker:

- BK Denise Lawrence joined the Brahma Kumaris University as a student in 1974, dedicated her life to spiritual practice and services.
- She was with BBC and Canadian Broadcasting Corporation Television News as a researcher and short news film maker prior joining BK University. She dedicated her life for the past 40 years doing research on behavioral science using spiritual approach.
- She work closely with many education institutions, focusing on motivational programs, personal developments, life-style correction and have travelled extensively around the globe giving lectures, seminars, retreats and conferences.
- She is currently located in the Brahma Kumaris University main Campus in India and prior to that, she was in London International Headquarters.
- More details : <http://bkdcourses.net>



actions which affects our life...very nice and I will try to use it..

- Good practical tips to improve working life and personal life
- The Meditation experience conducted by BK Denise was something I never experienced...will do more on my own.

Sister Denise 's example of Karma and how it affects the inner self, the soul also gave them a new understanding of life even most of them are from Buddhist background.

The Blessing and Toli session also seems very new and exciting to the them...and they took seriously what they read in their blessing card...which create positive behavior.

Towards the end, the management representative , Chanond Tesavibul , Senior Director of Quality Engineering commented:
" We had many talks in this auditorium but this is the first time ever we had a very special talk on spiritual which is very beneficial" (Alagesen Manikam, *Customer Technical Support*)



B.K.Family Retreat 'Virtues for Life'

December 11-13, 2014 (Thursday night till Saturday morning)
ChanNgarm Mountain View Resort, Nakhon Ratchasima
(30 mins away from Seagate)



Sr. Denise visited Bangkok, giving us a wonderful opportunity to reap benefits from such a senior soul. Sr. La planned a retreat to Khorat especially for Yogi souls, who could take 2 days off, "to gain deep and powerful benefit from self-transformation" in BK gathering.

Having missed the opportunity to go Madhuban due to a surgery, I was very keen and excited to be among the 24 souls who were going.



The place was so beautiful with lots of greenery and awesome mountain views, with cool winds blowing daily in this winter period. The resort belongs to a lady **Khun Rachatee Singhasivanon** who turns out to be half Indian! And her own house nearby, which we got a chance to visit had statues and pictures of Devis and Vishnu and Shiv! She was also fascinated to learn that we would be able to tell her the history and geography of these Goddesses, and is now looking forward to doing the Raj Yog Course too.



The retreat itself was just that..a total step back into the 'self' and mind, and for a **deep connection with my BK family**. Although we hardly meet, as they are all Thais, and I'm Indian, lokikly, I felt I was among loved ones who cared, and shared.



We had some deep sessions with Sr. Denise, who broke our barriers of so called norms, and got us to face our raw selves, unmasked by so called social faces. Few shed tears at this breakthrough, and awakenings that made us realize how much cleaning we still needed, and once again experientially feel how clean and pure Baba is making us, carving us, beyond all norms.. to divinity!

A big lesson we all learned was our lokik duties, even more so as Baba's children. To represent Him beautifully. One participant who's mother passed away during the retreat. Sr. Denise made her realize the importance of her 'angelic' and 'bestower' capacity, as Baba's children, to help lokik souls, by mere and there presence even. It was a deep moment, as we all realized and experienced how we need to correctly represent Baba, and be a "bestower of blessings and joys and virtues" always..and especially so in times of family trauma.



We had great Yog together, and deep sharing of our concerns too. Amritwela was very empowering with the Amritology highlights and the cold early morning hours. As usual our Toli and food sewadars were amazing, and I wondered when they cooked! Nobody missed any sessions. We always await our seniors arrival, to add that extra bit of empowerment to our daily routines. Sr. Denise being a deep yogi soul really touched us all and we look forward to seeing her again and again and again (Karen)



We had Sr.Noï and Sr.Petch from Chiangmai with us and took good care of Special menu for Sr.Denise.

Self-Mastery

December 13, 2014, (5-8 pm.)

Brahma Kumaris Raja Yoga Foundation, Nonthaburi



The Self-Mastery talk started with a 'Guiding Star' activity and some refreshments. Some guests from the Rotary Club were invited by Br. Bobby. He shared how his experience of Raja Yoga has helped him gain more courage and faith especially with the recent experience in his life where he lost his son in a car accident in USA as a Rotary Exchange student.



Br. Bobby felt very happy to share his experience of learning to live in 'the now' and let go of the past because of God's love that has touched him more deeply.

On 26 December 2014, Friday, during the Thai Rotary Day at Lumpini Park in Bangkok. He was happy to see many Rotarians and the Public come to the Brahma Kumaris booth. The Virtue Cards and the Snake and Ladder games were not just fun but also gave a very meaningful impact in their life.

BRAHMA KUMARIS

Join us tonight for this insightful, positive and inspiring talk by
B.K. Sister Denise Lawrence
Coordinator of the Overseas
Communications Centre, Headquarters,
Brahma Kumaris World spiritual University

Art of Self Mastery

Self mastery is not about suppressing emotions or tolerating the pressure of circumstances. Self-mastery is the creator of your thoughts and feelings. To be creative is to find new answers to problems. Self-mastery helps you to remain calm and cool. It enable you to explore your inner self, your inner treasure of peace. This is the opportunity for you to experiment open-eyed meditation which can be practiced anywhere, any time and in any circumstances. You are cordially invited to attend a talk and experiment with "Self-Mastery"

B.K. Sister Denise Lawrence
Sister Denise joined the Brahma Kumaris in 1974 at the age of 23. At that time she worked at BBC and Canadian Broadcasting Corporation Television News as a researcher and short news im maker. Currently Denise is based at the Brahma Kumaris Headquarters in India where she travels extensively to present at conferences and seminars around the world.

Brahma Kumaris Raja Yoga Foundation, Thailand is a network of Brahma Kumaris World Spiritual University, an International Organization working towards world peace through personal change. The University focuses on understanding one's inner resources and strengths and developing attributes of leadership and the highest level of personal integrity. It is known both for its grass roots work in spiritual education and for its role as a convener of international projects and dialogues dealing with issues of world transformation. University has over 9,000 centres in more than 130 countries, the first of which was founded in India in 1936. As a service to the global community it charges no fees for its courses or activities, being funded entirely by voluntary donations.

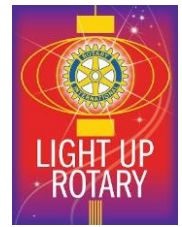
This event is offered Free of Charge
On Saturday 13 Dec, 14, 5.30-8.00 p.m.
At Brahma Kumaris Raja Yoga Foundation

Bookings Essential: Tel 086-448-6700
bangkok@th.brahmakumaris.org



Thank you Sr. Denise for being with us till last Murli at the Centre with your transformative wisdom.

Thank you Rotary for wonderful mission to serve community.
In all situations, we also need spiritual social worker to strengthen a spirit of care
for humanity with the essence of life – peace love and happiness



Pease is what we are. **L**ove is what we do. **H**appiness is what we reward.



After whole day activity in the park, we moved to nearby Baan Sathorn Condominium where we had dinner at Rotarian residence on 14th floor (Sr.La's friend). We also visited Br.Bobby's residence on 4th floor to give the picture of Light to his family as a gift of good act.



Om Shanti