

Visit of Didi Asha and Sister Radha to the Philippines
30 August to 5 September 5 2013

Raksha Bandhan Retreat with Didi Asha

The BK Philippine family held a national Raksha Bandhan retreat with Didi Asha, the coordinator of Om Shanti Retreat Centre, Delhi, India and Sister Radha at the Brahma Kumaris Retreat Center for Spiritual Learning at Tagaytay from 31 Aug to 1 Sep 2013.

Didi Asha helped prepare the consciousness of the family by sharing about the ancient rakhi festival's deeper meaning. Sr Asha shared how the thread is a symbol of the positivity and purity to liberate us from viciousness and negativity.

"Am I still restricted by bondages? Only when I'm free can I serve effectively," she shared, to help us reflect before the rakhi tying.

In another class, Sr Asha spoke of the role of Brahmins as the roots of the world tree. The roots of the tree send nourishment to all the leaves of the tree even as they remain unseen. She mentioned four things that are the 'job of Brahmins' in the world; 1) fill the self with virtues and powers, 2) have a stock of these so that you can give to everyone; 3) make the self powerfully happy and beyond the influence of suffering and 4) through our face and life we should show a picture of divinity.

Sr Radha, Didi Asha's companion from Lucknow Center in India, also shared a short class with the family. "Be the givers of happiness. The more we become givers, the more our sanskars match Baba's sanskars," she said.



VIP Program with Didi Asha
September 4, 2013

"Inner Leadership" was the topic that Sr Asha took up in the program with IP and VIP contacts at BK Makati Center in Manila. Some of the participants were the CEO of Tiger Airways, former Miss Universe who now chairs Ballet Philippines, President and CEO Carn Abella of Ramon Magsaysay Award Foundation and anti-crime crusader Teresita Ang-See. Sr Asha brought to the fore the idea that inner leadership is all about valuing the non-material aspects of life: the values of peace, love, happiness and giving.

In a world that has given so much value to material things, one of the main qualities of a good leader is that he/she not simply looks outside but firstly inside, "looking at the self and giving attention to the self." Spending moments of quiet time during the day to meet oneself and nurture one's inner qualities is one practice that she shared to allow this inner nurturing to take place. "Just as you are able to fix appointments with others, you must first fix an appointment with yourself." This was where she mentioned the practice of "traffic control", pausing 5 times during the day to get to know and sustain one's inner virtues.

Sr Asha also highlighted that inner leadership lies in giving. "Give cooperation, love, happiness and these will return to you several times over. As you sow, so you reap." Besides this, detached involvement, she said, is another quality of the inner leader. "Do everything as a trustee. Take care of your property but don't own it. Keep sharing and giving."

She also mentioned the value of using the "SOS method" in managing the self. SOS stands for Stand back, Observe and Steer and is a method to manage one's thinking and decision-making. It is also a way to tap one's "intuitive leadership" which comes from a place of wisdom within.

