



Didi Dr Nirmala's Visit to Malaysia

30 August – 12 September 2013

In just two weeks the flying visit of BK Didi Dr Nirmala, coordinator of Brahma Kumaris activities in the Asia Pacific region, spanned the length of Peninsula Malaysia from Johor Bahru in the south to Penang in the north and west to Kuching, Sarawak and Kota Kinabalu, Sabah on the island of Borneo. Didi visited six major cities, giving public talks, lectures, meeting contacts, IPs and VIPs, conducting classes and having personal meetings with BKs. The highlight of her visit was the National Centre Residents Retreat attended by approx. 70 centre residents from Malaysia, Singapore and India.

30 Aug: Johor Bharu (JB)

Johor Bharu was Didi's first stop. In the evening of 30 Aug, there was a Rakhi program for more than 45 contacts. Didi gave a class on the significance of tying rakhi. She explained about the bondage of love and protection between the Supreme Soul and souls. Those who attended appreciated her clear explanation of the significance of the program's symbols of the tilak, rakhi, blessing card and toli (sweet).

31 Aug: Johor Bharu

After morning class, Didi met all the kumaris (youths) and asked about their promises made for personal efforts. There was a Rakhi ceremony from 9:00am to 10:30am attended by approx. 65 BKs. Some Nepalese students took the opportunity to meet Didi for the first time.

At 11:00am 60 students from various centres went to JB's new centre in Taman Suria for an inauguration ceremony which began with lighting lamps and breaking coconuts to the tune of 'Om Shanti'. Didi shared various news items and explained how JB BKs could serve people around that area. She suggested having more yoga in order to give experiences to others.

3 Sep: Kuching, Sarawak

A team of committed and enthusiastic students worked within a short time frame of two weeks to organise a public program where Didi spoke on the theme "Meditation as Medication". Eighty-six people enjoyed Didi's talk and 11 signed up for the introductory Foundation Course.

4 Sep morning: Kuching, Sarawak

A "3 in 1" event took place in Br Fu Min's house; morning class, a Rakhi program and personal meetings with BK students. The session with Didi was a powerful and positive 'injection' for regular students.



Kuching: Public Program "Meditation as Medication" with Didi Nirmala

4 Sep: Kota Kinabalu (KK), Sabah

A high-profile public program on the theme "Power of Women, Power of Peace" was held at the KK City Hall. A panel discussion was conducted with Didi Nirmala as the main panellist and other panellists such as Ms. Winnie Yee, President of Sabah Women's Action Resource (SAWO) and Ms. Hajah Baiyah Haji Awg Mahmud, Member of Sabah Women's Advisory Council (SWAC), Deputy Chairperson for Gender Development Sub Committee. The panel discussion was moderated by Datuk Nancy Ho, Advisory Board Member of the City of Kota Kinabalu and President of Malaysian Pharmaceutical Society. The program was officiated by Y.B. Datuk Hjh Jainab Datuk Seri Panglima Hj. Ahmad Ayid (Sabah State Minister of Community Development & Consumer Affairs). Approx. 150 people from various women's NGOs registered under the Jabatan Hal Ehwal Wanita Sabah (JHEWA) and health colleges attended the program and took great insights from each panellist on how power of women links to peace. The program was attended by approx. 80% women and 20% men.

Didi shared how the Brahma Kumaris organization has been run by women since its establishment and women were always put in front by the founder of the organization Brahma Baba. This was done to increase the self-respect of women and uplift them especially as women in India in the 1930s were not treated equally as men. Didi also mentioned that it is very important to have respect between females and males in order to have good relationships. An exhibition was also held by the Blood Donation Drive, Sabah Art Gallery, CPR Demonstration and Women's Defence Tactics and Befrienders.



KK: Didi with Minister and Panel members



KK: Presentation of Token to Panels by Didi with Minister

4 Sep, evening: Kota Kinabalu (KK), Sabah

A spiritual enlightenment class and rakhi program was attended by 15 contacts. Didi shared that rakhi is a bond of protection tied between each individual and God. She mentioned that in order to make real spiritual effort and experience attainment it is important to follow disciplines such as regular classes where we have good company that will help us to finish of the weakness within us.



KK: Rakhi Program with Didi Nirmala

5 – 8 Sep: National Centre Residents Retreat, Port Dickson

Sixty-three residents of BK Centres, Sub-centres and Gita Patshalas gathered at a modern coastal hotel called "Guest Hotel & Spa" in Port Dickson (about 1½ hours drive from Kuala Lumpur) for the Malaysian National Centre Residents Retreat with Didi Nirmala. The gathering was even more beautiful with participation from Centre residents from Singapore, Madhuban (Global Hospital, Mount Abu India) and South India. With the theme "My Stage, My Life", the Retreat focused on "The Self" on the first day, "Self and My Original Family" on the second day and "Service Sharing with our World Family" on the third day. The objectives of the retreat were: 1) 'putting my stage at the centre of my life', 2) strengthening the atmosphere of spirituality in BK centres, 3) creating and maintaining contentment in relationships and 4) clarifying issues and challenges. Everyone enjoyed the extended periods of meditation and sunset meditation at the seaside. Many issues and situations in centres were clarified during the open forums.



Port Dickson: Group photo of Malaysian National Centre Residents Retreat, 2013 with Didi Nirmala and Sr Meera

9 Sep: Penang

Didi arrived around lunchtime. In the afternoon there was a Hindi language talk for 17 ladies at Aruna and Doshi's residence on "Harmony in Families". At 7pm Didi inaugurated the new Penang centre, Oasis of Peace and shared on "Emotional Detachment". Around 80 people came for this event and enjoyed a sumptuous dinner.

The next morning after class, there was a Q&A session with regular students followed by a talk at 11am on "A Mental Diet for Better Health". Throughout the whole day there was heavy rain, however a dozen people still braved the weather to attend. Didi left for Ipoh after lunch. Three sisters from India, Meena (Global Hospital), Sujata from Manipal and Rupa also visited during this time.



Penang: Hindi program at Aruna/Doshi's residence



Penang: Talk at Oasis of Peace after inauguration

10 Sep: Ipoh

On the way from Penang to KL, Didi stopped by at Ipoh centre for a Rakhi program and class with BKs and contacts.

11 Sep: Kuala Lumpur

Didi arrived in KL around noon and in the evening she conducted an interesting interactive session on "Being Obstacle Free and Problem Proof". She gave various examples of problems and challenges in health, wealth, conflicts in relationships etc. and asked the participants "If you were in those situations, how would you handle them?" Everyone enjoyed the discussion and learnt from the participant's candid responses and Didi's answers to those situations.

All in all, it was a very fruitful and rewarding visit for everyone. New students learnt from and were inspired by Didi's clear and practical classes while older BKs received sustenance and were refreshed.

20 September 2013