

Sr Rajni's Visit to Malaysia 16 Dec 2013 to 6 Jan 2014

The Malaysian family had the fortune of Sr Rajni's visit for a total of 21 days over the Christmas and New Year holidays. She arrived on 16 Dec at noon and was greeted by the Bangsar family with bouquets of flowers, tilak and rose water. On the morning of 17 Dec a simple welcome program was arranged where sisters presented her with a bouquet of flowers and sang a welcome song in Hindi. The Bangsar family joined in singing the song.

17 – 19 Dec, Ipoh

Sr Rajni started her tour of various cities at Ipoh, one of Malaysia's main cities about 200km north of Kuala Lumpur. Her program there was morning and evening classes for the BK family.

19 – 23 Dec, Penang & Northern Region

Sr Rajni spent a very lovely weekend with the Penang family sharing her warmth, love, experience, effort and understanding of the significance of her recent motor vehicle accident and how she had used that to intensify spiritual effort.

On Saturday morning the family had a gathering at Oasis of Peace, a BK service place in the south of Penang Island and Sunday at Peace Palace in the north of Penang Island.

Sr Rajni brought with her an air of humility, spirituality, openness, gentleness and an encompassing nature that allows others to draw on her wealth of experiences, from the practical lessons she learnt in the company of elevated souls like Didi Manmohini, Dadi Gulzar, Dadi Janki, Dadi Ratan Mohini, Br Jagdish, Br Brijmohan, Sr Mohini of New York, Didi Nirmala and Sudesh Didi to name a few. What started as an hour and a half of the Q and A Session extended to 2 1/2 hours.



On the Sunday morning there was further sharing. Sr Rajni saw that every question was answered. Sunday evening ended with a light Christmas celebration attended by 50 over students. From Sr Rajni to the cook, everyone took part and enjoyed themselves.

Below is some of the feedback from students:

1. It was an awakening session. Sr Rajni helped to increase my awareness and lift me to an elevated consciousness. I learnt to put a stop to the past and move forward with the present to create an elevated future.
2. Pure diet is Baba's protection for me and so I will keep this discipline of not eating outside vegetarian food in the future.
3. Amrit Vela and morning class in the centre are ways Baba has created to protect me and I should appreciate it and churn knowledge more and not regret later.
4. I am inspired to set a personal aim and program for 2014 and move forward.

23 – 25 Dec, Johor Bharu (JB)

Sr Rajni arrived at the JB Main Centre on 23 December at around 7.00pm. She read the morning murli on Christmas eve and at 6.30pm she met all the centre residents from the various centres in JB. On Christmas morning she read the class and after breakfast she officiated in the Christmas programme organised by all the centres. She introduced a game in which all participated enthusiastically and it was followed by an angel dance by the youths. The programme ended with the singing of Christmas carols by the young sisters and the grand finale of the show was the surprise appearance of 'Santa Claus' with gifts, sweets and blessing cards for everyone.

25 – 26 Dec, Kota Kinabalu (KK), Sabah

As it was the Christmas holidays Sr Rajni and the small KK family of nearly 10 people went on a boat ride to Manukan Island. They had a lovely time with sharing spiritual knowledge, meditation and games. On 26 Dec a program was organised for contact souls. More than 10 souls took benefit. Everyone enjoyed the company of Sr Rajni.



26 – 29 Dec, Kuching, Sarawak

Kuching family had a beautiful Christmas celebration with Sr Rajni on the 26 Dec. They had a retreat for more than 25 BKs and close contacts. Everyone took great benefit and felt energized. The sessions with Sr Rajni were very powerful and essenceful where they experienced closeness and connection with Baba and the family.



29 Dec 2013 – 6 Jan 2014 Klang Valley Area

Sr Rajni arrived in KL in the evening of 29 Dec where she stayed in Bangsar (Main Centre) and from there visited several centres viz.: Ampang , Klang 2 (Shivalaya), Sentul, etc. for morning classes/sustenance and contact souls programs. Below were some of the highlights:-

01 Jan, Bangsar

After morning class, Sr Rajni had a lovely New Year celebration with nearly 150 of the BK family who came from centres all over the Klang Valley. She specially arranged a variety of fresh fruits and a meal. Then there was a cake-cutting

ceremony with good wishes for the New Year. The family had breakfast together before going back to the hall to continue the celebration program. Young and old, all joined in to participate and play several games. She then led everyone into meditation and gave a powerful class with interesting stories of the experience with Dadis and senior BK teachers. It was indeed a beautiful start to the new year with much happiness, lightness and family togetherness.

01 Jan, Klang 2 (Shivalaya)

Klang 2 (Shivalaya) centre moved to a new premise and hence took the opportunity of Sr Rajni's visit to inaugurate the centre. The program started at 5:30pm. and about 100 brothers and sisters from Dengkil, Klang 1, Glenmarie and Bangsar centres attended. Sr Rajni did the candle lighting ceremony then cut the ribbon. She then gave a talk which touched on God's miracles and praise. The program ended with blessings from Sr Rajni and sweet dinner for everyone.



02 Jan, Bangsar – Women Empowerment Group

Twenty-two sisters and a brother attended the session. Sr Celia facilitated by posing several questions to Sr Rajni, some of which included (1) Sr Rajni's experience in Japan and the Philippines; (2) the importance of spirituality; (3) methods for good meditation.

Sr Rajni's insights were that the Japanese are largely Buddhist and they have the determined nobility for action, sincerity and hygiene but less prominence for God. They are good at catching vibrations and this is a great thing in a holistic way. The Filipinos, being Catholics, join the BKs after completely satisfying themselves with many questions. Their nature is to love, sacrifice, accommodate and give respect to all. This helps them in their spiritual growth.

For BKs spirituality is awareness of being a soul separate from the body and to transform the self by constantly checking the self. Spirituality is always to remain sweet and not just in meditation only. The peaceful, sweet and loving vibrations should reach others as well.

To have good meditation, Sr Rajni said that the body should be still; ask for forgiveness for any wrong action performed so that the heart and feelings remain pure and there will be no enmity. Loving every soul on earth will dispel waste thoughts frequently coming to the mind during meditation. Finally, the intellect should be alert, awake, pure and powerful and there will be concentration of the mind. Listening to God's wisdom in the daily Murlis develops wisdom every day and helps recognize and solve situations in everyday life.

This session was enjoyed by all present and they greatly benefitted from the knowledge received in such an easy and friendly manner. After a short meditation Sr Rajni gave everyone a toil and blessing.

02 Jan, Bangsar Family Get-Together

Sr Rajni had expressed her desire to have a get-together of the Bangsar family. This was something which no other senior visitors had done before. She started the session by getting everyone to introduce themselves and organized a Q&A session where she shared her experiences in Japan and the Philippines. She had only positive and elevated thoughts to share about both the places although both places were as different as chalk and cheese.

Then she got the family to play a game. Each one present was given a plastic bag containing a chocolate wrapped in gold, two rubber bands, an eraser, two paper clips and a pen. Then she asked everyone to:

- 1) Take out the 2 paper clips and give them to two people who are instruments for their spiritual growth.
- 2) Take out the 2 rubber bands and give them to 2 people who are flexible.
- 3) Take out the eraser and give it to someone who always keeps his or her heart clean.
- 4) Take out the pen and give it to someone who is creative and resourceful in making things happen.
- 5) Take out the 2 chocolates wrapped in gold and give them to 2 persons who are making good progress in his or her life like a real gold.

Everyone enjoyed the game and finally each one kept whatever they received as their prize. Everyone also received a mandarin from Sr Rajni. After that everyone enjoyed dinner together.

03 Jan, Sentul, Kuala Lumpur

Sr Rajni gave a class for new students and contacts based on the theme "Easy Meditation for Everyone". The talk was very practical and highlighted the importance of mediation in everyone's life to bring back the lost peace and happiness. Sr Rajni touched on spiritual powers which are essential to face daily challenges and situations and how these powers can be developed through meditation. Around 60 souls participated even though there was heavy rain.

04 Jan, Bangsar – Hindi Program "Sukhmaya Jeevan"

Sr Rajni addressed 20 Indian expatriates and enlightened them on how to lead a happy life and what is true happiness. The topic was "Sukhmaya Jeevan". The session was an interactive one where the first few questions were raised by the facilitator and the rest came from the audience. Most of the people wanted to understand how to maintain the balance between spiritual life and worldly desires and achievements. She explained with simple examples how to experience true happiness and maintain balance in life.

05 Jan morning, Bangsar – Meeting at Asian Retreat Centre (ARC)



Sr Rajni shared several ideas with 20 BKs on the preparation for the first three months and types of programmes that can be organized in ARC along with some suggestions for various roles.

She suggested that for the first 3 months it is important to have lots of meditation, retreats in ARC involving various BK groups with the aim to purify the atmosphere and harmonise personalities before starting the operations. Meditation could be in Baba's Room, the garden, the main hall etc. Subsequently, every three months, conduct spiritual knowledge and meditation sessions for BKs in ARC. She highlighted that it is very important to keep a balance between our state of mind and using talents in doing tasks. She gave suggestions on conducting special early morning meditation (3.30-5.15 am) and evening meditation from 6.30-7.30 pm to spread vibrations to the people of this land. She also shared about programmes that could be conducted for various groups, promotion and marketing strategies and how to project a good image when dealing with guests visiting ARC.

05 Jan afternoon, Bangsar

High Tea - Dialogue session with POM/IPIP guests & contact souls

In conjunction with Sr Rajni's visit to Malaysia, the English group kicked off the year by organizing a high tea-cum-dialogue session for Peace of Mind (POM) and Inner Peace Inner Power (IPIP) Retreat participants. This programme was aimed to sustain participants, create opportunities for them to meet and network with fellow companions of POM and IPIP and rekindle their peaceful experiences in Madhuban. Participants from other programs and retreats who are potential POM and IPIP guests and good contacts were also invited to the program.



The Dialogue Facilitator was a POM / IPIP guest. This was a new approach with more than 30 participants attending the programme. Everyone felt that the dialogue session was useful and practical. The participants took the inspiration that they need to use the power to discern in their daily lives for making accurate and better decisions, at work or in business. Another pertinent point that was shared by Sr Rajni in the dialogue session was "Never push or force your idea, never instantly react when ideas are rejected and thus spoil your relationship with others." She emphasized the importance of maintaining good relationships while interacting with others.

The program ended with high tea. Sr Rajni, with her usual easy and friendly nature, chatted with everyone while joining them for light refreshments.

06 Dec 2014

Rajni then left KL for Manila at 8.30am with a deep imprint of love, affection, care and warmth in the hearts of many BKs.

Malaysians enjoyed Sr Rajni's visit and her classes were refreshing, inspiring and enjoyable. She gave many examples of how senior BK teachers overcame their problems and how other yogis settled their obstacles with courage and determination. She explained that yoga is like fire which burns impurities and purifies us. Yoga is also like water which flows over obstacles (stones and rocks) and flows on towards its goal. Yoga is also light which makes us double-light and natural yogis. She showed her love for Baba and inspired the listeners to have similar feelings for Baba.

Sr Rajni's entertaining manner kept listeners spell-bound and eager to hear more of her experiences. She is also a friendly sister and got on well with everyone. She invited the sisters who cooked her meals to sit and eat with her. She interacted with one and all with natural zest and won everyone's hearts.