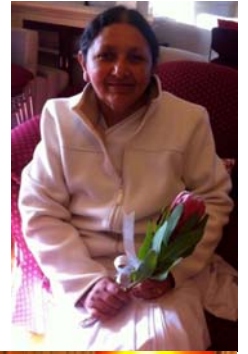


Sister Kala's visit to Australia July-August 2013

QUEENSLAND (Tue 23 to Thu 25 July)

Brisbane

Sr Kala arrived from the US at 7am and had the day to rest before tying rakhi on the enthusiastic BK family at Brisbane centre. The following day, she went to the Lone Pine Koala Sanctuary and experienced some Australian wildlife 'up close and personal'. It was lovely to meet her and hear about the USA and her Brahmin experiences.



Gold Coast

Sr Kala's visit was short and sweet. She arrived at 2pm on Wednesday and rakhi was at 6.30pm that evening. Sr Kala gave a lovely talk. About 16 BKs came and two souls who hadn't been before, plus two contacts. The atmosphere was very powerful and sweet. Sr Kala read murli and offered bhog on Thursday and left after at 9am for the airport. We all enjoyed her sweet company very much.

SYDNEY (Thu 25 July to Mon 29 July)

Toongabbie



Sr Kala & Sr Jyoti at Toongabbie

On Thursday evening we hosted Sr Kala in the Toongabbie Godly Garage from 6-8pm. For the first hour there was meditation and BK class for 30 BKs. In an interview by Sr Jyoti, Sr Kala shared experiences of her early days and bhog was offered to Baba. It was nice to have a BK class; such senior yogis bring a Madhuban flavour. From 7-8pm the public and contact souls were invited for a talk on "How To Make Friends With Your Body: Take Health In Your Hands." Sr Kala talked about the intimate relationship between the soul and body and conducted meditation experiments. At the end she met all the Tamil mothers and group and spoke in Tamil to everyone's delight. Overall, it was very powerful and house-full event for a total of more than 55 souls.

Ashfield

On Friday there was morning Murli at Ashfield and some sightseeing during the day to the Opera House and Bondi Beach. In the evening there was a class for about 25 Hindi speaking BKs followed by dinner on the topic "Karma and Family Life".

East Sydney



Morning class at East Sydney

On Saturday morning 20 BKs attended murli class, then some had rakhi tied. Sr Kala inaugurated a new section of the building which Conny and Florian will move into and everyone enjoyed a sumptuous breakfast.



Leichhardt

Sis Kala visited Leichhardt on Saturday morning for a tour and lowdown on Baba's Eternity Ink activities and an "after breakfast before lunch interlude", sometimes called brunch! It was lovely to hear how Kala came to Baba and how Baba worked His instant magic on her! We shared chocolate-orange halva and chai, and for those who had space a few hearty potato pies!!! It was a really lovely family time with Baba's really lovely family jewel!

Wilton

There has been some really lovely feed –back from our Rakhi celebrations on Saturday night...

"I wish to express my deep appreciation for the beautiful ceremony we experienced yesterday evening. The hall was decorated beautifully. As soon as I sat down, I felt as though I were floating in an ocean of peace, totally supported and comfortable."

"What a beautiful Rakhi celebration ~ I really loved my blessing. Thank you for making it such a memorable occasion."



The Wilton team felt that the day went very smoothly. It was a peaceful day with everyone paying attention to their own duty for the day. We were fortunate to be able to spend some time with Sister Kala before the evening's event. The Wilton team had lunch and a meeting with Charlie and Sister Kala after lunch. We were able to share stories and experiences of living in Baba's retreat centre. The main feeling and appreciation from our Rakhi celebration was the deep connection to Baba and each other and the experience of loving feelings. Also there was a strong appreciation to Baba for sending sister Kala to tie Rakhi.



Rakhi at Wilton Retreat Centre

Concord Community Centre

About 110 BKs gathered for morning class, followed by breakfast. In the main hall there was one combined Murli class instead of the usual three language classes of English, Hindi and Tamil. A second smaller hall was decorated separately for rakhi to enable a silent and powerful atmosphere to be maintained while 60 BKs tied rakhi. The venue is hired until 9.30am and rakhi tying was finished just in time.

Leura

Sr Kala arrived late morning and had a tour of Leura Retreat Centre. She then met the Blue Mountains BK family and shared personal experiences and news of Peace Village. We were inspired by her honesty, humility and sweetness. Sr Gina took her for a quick glimpse of the famous landmark, The Three Sisters, giving the opportunity to see the vastness of the mountains. The Rakhi program started at 4.30pm for around sixty BKs, friends and new students. Sr Kala gave each soul long and deep drishti which touched everyone's heart. Sr Noga had made a very special toli and Sr Kala took some for the residents of Peace Village. After that we all had dinner and waved her goodbye. Though it was a short visit we were completely satisfied.

Ashfield

Sr Kala met the morning class after Murli in Ashfield. In taking leave from Sydney, she commented that she wished she had had a longer time in Sydney. She mentioned that she had observed how everyone worked well together and carried out their tasks with happiness. Some faces of BKs had appeared at several venues so Sr Kala said it was hard to tell which place each one was from and it was like every place was just a part of 'one whole', reflecting good unity and cooperation. Sr Kala also commented that tying rakhi was like a bhakti for her and she appreciated meeting each of Baba's jewels.



Sr Kala with Ashfield class Mon 29 Jul

PERTH (Mon 29 July to Wed 31 July)

Monday evening 29th:

Sr. Kala conducted a program at the Shenton Park Centre titled "Emotional Maturity: Be Inspired and Happy". The Centre was 'bursting at the seams' with 62 people attending. Approx. 25 new people came from an editorial in the local newspaper as a result of a press release. Kalaben, with her gentle power explained the difference between feelings and emotions and how emotions take over when we lose self-awareness. "As soon as we're affected by anything external, it means we've lost sight of our original peaceful, pure nature".

PERTH cont.



Tuesday morning 30th:

Sr. Kala enjoyed a long morning walk around famous King's Park which gave her a great view of the city, the Swan River and its surrounds. She enjoyed seeing the variety of WA native flora and the sun shone brightly especially for the refreshing outing.

Tuesday evening 30th:

Rakhi evening was conducted at a locally hired venue, beautifully decorated, with approx. 80 attending. Sr. Kala explained the significance of the evening and everyone enjoyed the powerful atmosphere and Kalaben's peaceful, yogi vibrations. All were handed a delicious snack pack to take home rather than a served dinner which helped maintain the spiritual atmosphere.

MELBOURNE (Wed 31 July to Thu 1 Aug)

A public program on "Healing the Mind, Emotions and Body" was held from 6.30-8.30pm at St Vincent's Hospital, Fitzroy, for an audience of around 220 people.

HOBART (Thu 1 Aug to Fri 2 Aug)

Sr Kala had a 24hr visit to Hobart, Tasmania. On arrival from the airport there was a chance to drop into Cornelian Bay, a popular picnic spot not far from the centre where Sr Kala saw Aboriginal shell middens. Later in the afternoon she visited Mount Nelson for some fresh air and a good view of Hobart city.

A public talk in the evening on "How to Change Negativity to Positivity" broke the centre's attendance record with 50 people. Sr Kala spoke with dignity and love and gave souls a feeling of the godness of who they are. Five people started the Foundation Course the next week. On Friday morning there was time for a short walk in the Botanical Gardens; then back to the airport to return to Melbourne.

Healing the mind, emotions & body

.....through a higher awareness

An evening of wisdom, inspiration, meditations & exquisite live harp
(by harpist/composer - Michael Johnson)

The raising of our awareness can help us tap the energy of our mind to emerge the peace and positivity lying within. This is the highest method to eradicate negativity & illness in order to heal ourselves and even others.
Dr Kala will share what this higher awareness is and how to achieve it.

Discover how:

- a positive, powerful mind teaches us to act instead of only re-acting.
- to face the past from a position of inner strength and understanding.
- to heal the mind from overthinking, stress and negativity while healing the body.
- to find peace within ourselves, in relationships, at home and at work.

Presenter - Dr. Kala Iyengar, based in New York, is a medical doctor by training and a spiritual teacher by passion. During her professional career, she has worked extensively on evolving an integrative approach to identifying and managing the non-physical causes of illness and suffering. She has taught at Hofstra University, NY; represented Brahma Kumaris at the UNICEF; and conducted workshops on subjects relating to stress reduction, meditation, self-awareness, values and self-empowerment.

Wednesday 31st July 6.30pm-8.30pm
St Vincent's Hospital,
Michael Chamberlain Theatre, Mary Aikenhead Wing
45 Victoria Parade, Fitzroy

No charge

Bookings Essential
email: bookings.fitzroy@au.brahmakumaris.org Phone: 9417 4883
www.brahmakumaris.org/au www.fb.com/BKFitzroy

GODDESSES QUALITIES



When:
Friday, 02 August 2013

Where:
Sri Shiva Vishnu Temple,
52 Boundary Rd,
Carrum Downs 3201

Time:
8:30 pm - 9:00 pm

For more information, call
0470 426 682

Time after time, we have been worshipping Goddesses. They have received various powers through their pure devotion to Lord Shiva. How did the Goddesses achieve these powers?

Please come and join us, to see how Raja Yoga Meditation can assist you in making these specialties a part of your life

Speaker
Dr. Kala Iyengar, based in New York, is a medical doctor (paediatrician) by training and a spiritual teacher by passion. During her professional career, she has worked extensively on evolving an integrative approach to identifying and managing the non-physical causes of illness and suffering. She has lectured and conducted workshops on stress reduction, meditation, self-awareness, values and self-empowerment.

BRAHMA KUMARIS AUSTRALIA Promoting spirituality in life

MELBOURNE (Fri 2 Aug to Tue 6 Aug)

On Friday night Sr Kala gave a half hour talk on "Goddesses Qualities" for 35 people at the Sri Shiva Vishnu Temple.

For Melbourne BKs' rakhi on Saturday night at the Peninsula Retreat Centre, Dr.Kala was given the responsibility of carrying the tradition of a powerful and avyakt atmosphere. Silence and attention by the 120 participants created a powerfully charged spiritual atmosphere. After having their rakhi tied, each stepped away with their faces shining with a glow of purity and smile of intoxication.

Sr.Kala's visit was also highlighted by her depth of gyan; accessible, practical and clear. She shared that at this time, we should concentrate first on our stage (80%), second on relationships (15%) and third on the task (5%). Our stage is like a building – if we look after it, we can serve many, if we don't it can become a liability and we draw upon resources (spiritual, others etc.) to keep ourselves going, when we should be serving others.

On Monday night Sr Kala gave Hindi class at North Balwyn centre.

Sr Kala left Australia on Tuesday 6 August to return to Peace Village.