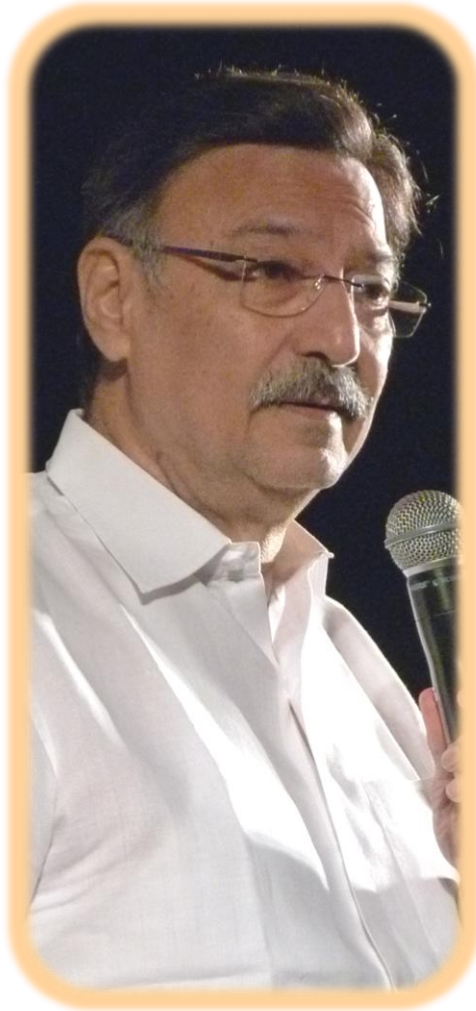


SIS SHIVANI, BRO SURESH & DIDI NIRMALA



EMPOWER SINGAPORE!!

In August 2013, even as all Singaporeans were jubilantly commemorating the 48th year of independence of the Lion City, the Singapore BKs were enjoying a double celebration as 3 distinguished visitors graced our shores.



SIS SHIVANI & BRO SURESH OBEROI

The much anticipated visit of Sis Shivani & Bro Suresh Oberoi culminated in 2 very successful programmes that were organized to serve the Singapore public. On 27 Aug, Sis Shivani addressed a 2 700 strong crowd at the Singapore Expo Hall on the topic "Being Happy, No Matter What". The venue itself was changed once & modified twice to accommodate the rapidly growing response to the programme, attesting to Sis Shivani's vast appeal here.



The Singapore BKs had worked hard to ensure the entire programme went smoothly & indeed, each participant was made to feel special from the start when they each received a goodie bag with a gift book, a personal blessing card and toli (a sweet).



Young, old, mothers, fathers, brothers and sisters... preparing the gift bags for participants ...turning The Yoga Centre at Chander Road into a hub of activity...



Toli making at Lagoon View



Sis Shivani's calm presence & clear voice resonated throughout the hall, urging each participant to change the way they responded to challenges & check that they were not getting disturbed due to any circumstances. The session ended with an exceptionally powerful meditation which filled the near-capacity hall with the vibrations of deep peace & silence.

On 29 Aug Sis Shivani shared valuable tips on how to move "From Expectations to Acceptance" at the Shine Auditorium. Her main message to the participants was that whatever is one's action, so will be the energy that he/she receives in return. If we want to effect a change, we have to go back to ourselves & not blame God or anyone else for the situation we find ourselves in. When Bro Suresh was called upon to share his experiences, he revealed that a phrase he held close to his heart had seen him through some trying times:

"Love me the most when I deserve the least".



He candidly told the audience that before learning Raja Yoga meditation, he had found himself losing control & becoming weak through alcohol abuse, expectations & arrogance. With his

distinctive blend of self deprecating humour & a profound grasp of the spiritual laws that govern life, Bro Suresh both entertained & instructed the participants, giving them the understanding of how, through his connection with the Supreme Being, he learnt how to empower himself and take charge of his life.



On 28 Aug, the informal programme organized at the private residence of Mr & Mrs Bhojraj, as well as the session organized at the Traders' Hotel for corporate personnel, was very well received.



Session organized by Mr & Mrs Bhojraj



Corporate event at Traders' Hotel

The Singapore BK family enjoyed quality time with both Sis Shivani & Bro Suresh on Thursday morning with a belated welcome celebration for our guests followed by a warm personal sharing by both Sis Shivani & Bro Suresh.





Our many thanks to Sis Shivani & special thanks to Bro Suresh who touched the hearts of many here with his honest sharing & the great transformation he has brought about in his life, inspiring many to do the same.

It is no surprise that Sis Shivani is so well-loved across the globe. Her serene yet compelling presence, coupled with her tirelessness in sharing her experiences with immense clarity, depth & humility has endeared her not only to the Singaporean BK family, but to the Singapore public as well!

Go soon, come soon!!!

DIDI NIRMALA

Even as we bade farewell to Sis Shivani & Bro Suresh, we got ready to welcome yet another distinguished guest - Didi Nirmala. It was indeed a pleasure to have her easy yet powerful company over the weekend as the Singapore BKs celebrated a belated Raksha Bandhan with her. On Sunday, 1 Sep, more than 160 BKs had their Rakhis tied at the Peace Hall. The beautifully lit hall with its deeply spiritual vibrations enabled each BK to feel that Baba was personally pledging His love & protection to them.



As a follow-up to Sis Shivani's visit, we had arranged a talk by Didi entitled "Cool Head & Warm Heart" at the Excelsior Hotel. Didi succinctly explained to the audience how not to be "hot headed" but to develop a cool & stable mind while transforming a 'cold' heart to one filled with the



warmth of love & good wishes. On 3 Sep, we sent another tireless server off with a lot of gratitude & affection!

Till our next update,
B.K Bharati & the Singapore family

