

Br Charlie's visit to Thailand

28 Aug – 4 Sep 2013

Br Charlie, National Coordinator of Brahma Kumaris Australia and based in Sydney, visited various BK centres in Bangkok, Thailand and delivered a weekend program for 70 people who were drawn to the theme "Inner Experience through Peace of Mind" from 31 Aug - 1 Sep 2013. A number of participants shared very special experiences.



Some participants of the weekend program

For the weekend program BKs had secured the hire of two attached venues near Nonthaburi centre. The program started in main hall with a capacity of 150 seats for the first two morning sessions. Late in the afternoon due to electrical problems the event was moved next door to a small meeting room with 50 seats. Those who could not fit in the room had to listen outside via radio. However with a cosy atmosphere everyone enjoyed outdoor games, songs, dances and a picnic dinner.

Every hour participants created an atmosphere of peace by having 'just-a-moment' silence breaks with the signal of a song to stop all movement and talking. There were a 'choose to be calm' banners posted around to create a cool blue coloured room reminding everyone of three principles: listening, connecting and empowering.



Some special guests attended the program for half a day to meet Br Charlie, share a meal and be interviewed for a future video clip relating to peace.

BKs made a special thank you card for Charlie filled with good wishes.

Throughout the weekend he worked tirelessly to enable the participants to go beyond obstacles in their lives through four steps towards Peace of Mind.



Some participants expressed their feelings at the end of the program and some shared their experiences via email:

Br Olav: "I found Charlie very clear, very sensible and very easy to understand. The best thing, I feel, is that here is somebody who is not just teaching but actually living the life."



Br Brett: "Thank you Br Charlie for the marvellous course. Your insights and teaching were inspirational and delivered in a lovely and friendly style. I enjoy taking a minute of silence every hour, on the hour, no matter what we happened to be doing. I learned more about positive thinking; going to sleep in a positive frame of mind so I wake up positive and refreshed, starting the day positively so that it continues positively and taking moments of silence throughout the day to remain refreshed. I am already trying to implement the things you said in my life and seeing the impact. Thank you very much and thank you to sister La and all the staff who made this wonderful weekend possible."



Br Allagesen: “First of all, congratulations on a very successful retreat and thanks to Br Charlie and all the Thailand BK brothers and sisters who made this retreat a memorable one. I was tired physically prior to the retreat but I’ve never felt better than I did throughout the two days. It was very informative and delivered so nicely that it kept everyone on their toes. For the first time, my whole family was here which was a challenge but gave us a new light of hope. Thank you for encouraging us.”



Sr Vanaja: “Thank you from my heart for encouraging me to bring my family to the retreat and letting me manage everything in my own convenient way. It gave me courage to try something that I have never done before, so that I could gain benefit through a spiritual experience with a spiritual family. Even though my participation during the program was not for all the times scheduled, to be with a spiritual family still opened my mind so that I could bring peace into myself and share peace with others in the calm environment of the retreat grounds. Outdoor activities made everyone happy and indoor activities made everyone learn, experiment and experience peace. The Thai BKs’ family feeling, care and love demonstrate a strong aim of bringing self-awareness and peace to Thailand.”



Sr Atitaya (former University Instructor): “I am a scientist. This is the first time I’ve joined in this kind of seminar in a serious manner. I’m so impressed by the best lectures giving most impressive knowledge of how to connect with God, which I never knew about. Previously I was attached to many things which are nothing to do with me. Now I know myself. Thanks to the organiser and the whole team for working hard to give us this chance. I believe that our society will be better off for helping each other

like this.”



Father Toi (Retired Group Captain, No.1 Fighter Jet Pilot): “As a retired fighter jet pilot who was trained with the slogan 'Eagle eye, lion heart' no-one was higher than us, up in the sky. I would not miss any target using weapons in the war. When I came to Brahma Kumaris, I learnt that there is always someone higher than high, beyond the sky. In the first two lessons I started to change. From having the habit of making sudden decisions I became slower and calmer. By the time I finished the course, gaining more understanding from Thursday, Saturday and Sunday, my life totally changed - from being a big eagle, I became a chicken.” He added happily at the retreat “I’m so surprised, I never knew about ego for over 60 years. No-one else can teach us more clearly than this.”



Dr Sakol (well-known former medical doctor): “My impression is of an ordinary man communicating like a human being, dressing ordinarily but with merciful eyes and a subtle vibration. Just now I experienced stillness at the end of meditation. Usually my mind is wandering to the golf course or somewhere but when Br Charlie was sitting in meditation I felt a higher energy reaching me through him. I believe his personality matched what he preached. It was easy to understand and so simple. There was nothing contradictory.”



Sr. Nuan (high ranking officer from a university): “I was looking forward to attending Br Charlie's session to get a clear message of how to understand myself. I don't believe in vision from any theory but real action through my own practice. Br Charlie gave me confidence in what I dream of or aim for. He only confirmed my experience.”

Br Charlie adjusted the retreat schedule to finish two hours early so everyone could go home. For some that was to the centre 20 mins away where they enjoyed evening meditation and Charlie shared his experience. On Monday morning BKs shared early morning meditation and class.

On 29 Aug Br Charlie had also conducted a seminar on “How to Tackle Fear and Anxiety”.

