

Didi Dr Nirmala's visit to Thailand

9-14 August 2013

Celebrating Rakshabandhan as the link of love with God was Didi Nirmala's main purpose in tying rakhi at different centres in Bangkok metropolitan area from 9-14 August 2013. She also inaugurated a new class location, had meetings with BKs who had come from all over Thailand and spoke at a program on "Inner Peace Inner Beauty" alongside a group of models.

Didi Nirmala, coordinator of Brahma Kumaris' activities in the Asia Pacific region, arrived in Thailand on the evening of Friday 9 August and went to Sukumvit for the night to have class on the 10th morning there, where about 35 Hindi speaking souls heard class and news. Didi then visited a few sub-centres like Indraprasth and Happy Land and inaugurated a new class location. On Saturday night there was rakhi at Pinthu centre which is coordinated by Sr Jyoti.



Sunday morning class was also at Pinthu with approx. 80 BKs and a further 40 evening class students and contacts for rakhi. At 10am there was Rakhi at New Lotus centre for 80 BKs and the Indian Ambassador who visited for one hour.

On Sunday evening Sr La had arranged a public program titled "Inner Peace Inner Beauty", inviting some beautiful models who come to the BK Centre and their friends. The program went from 3-7pm with a workshop, slideshow, virtue scopes and a talk.

The workshop 'Stop-Start' was conducted from 3-4pm for two groups; one in the foyer by Br Anil for English speakers and the other in the hall by Sr Tim, Sr Aui and Sr Prapa for over 50 Thai university students with sign language for deaf people.



From 4-5pm everyone mingled and had food and fun in the middle of the 'garden of virtues' in the foyer area.



Sr Stop then led a group of models into the event in white dresses and without make-up. They greeted everyone in the light atmosphere of music, snacks and the snakes and ladders game.

The working team were identified by cards of different virtues pinned on their blouses, signifying a variety of flowers spreading the fragrance of different types and colours. Sr Stop as the event MC interviewed some of them.



Dr Nirmala walked into the hall at 5pm to give a talk on Inner Peace Inner Beauty to over 100 participants. Three ladies from the beauty business spoke first with their inspirations. Sr Oak and Sr Stop introduced 'inner beauty' with a clear explanation of the inner self. Sr Alis spoke with confidence about 'a happy life with real beauty'.



Two young girls from Pattani have regular radio spots promoting peace on air in the south. Nine year old Sr Jenny was asked to sit on stage during meditation as the audience listened to her radio segment. She sat very still and peacefully.



Didi tied rakhi to over 20 special guests at the end of the program. There was news of the event in Thai Rath newspaper and 7th TV Channel which supports good and charitable acts.





Dr Warunyar, a well-known translator and author of "The Science of Wealth" and "The Millionaire Teaches Richness" shared her experience of attending the function: "After returning from the Peace of Mind retreat in India in October 2012, I had a thought to organize a program to share the benefits I received with people, but I have not had the chance. On this occasion I participated in the activities outside the hall and the workshop was very good. I still keep thinking 'I have to carry those plans out. I must help in this work'. When I entered the hall, I saw Sr Phon and Br Chai working attentively; the tower of peace standing on the stage reminded me of the Tower of Peace in Madhuban (India) which gave me a lot of peaceful experiences; seeing two new sisters who just

started learning but had the courage to say something good in a straightforward manner – all of these things reminded me of such a peaceful experience that I had at that time."

"In the program before and during meditation, blissful feelings emerged from the memory of deep peace, amidst the warm and safe atmosphere. I felt pulled to become light, peaceful, embraced in love and to spread that around. It seemed that Baba was telling me that the Father forgives you; keep radiating a positive current from the third eye outwards. With sincerity you then can create good karma at the present time."



Br Golf (Mez Sawangroj)

"I had a very wonderful meditative experience while playing music. It was the most peaceful I've ever felt in my 20 years of music performance. I felt confident and light; free from attachment to the sight and thoughts of the audience. Communication within the band was smooth. This was the result of practice with the Brahma Kumaris so I have the determination to share this knowledge with other people and my friends."

Monday 12 Aug was the Birthday of Her Majesty Queen Sirikit of Thailand and the country celebrated National Mother's Day.

In the morning there was Rakhi at Nonthaburi, the main BK centre. Most of the Indian BKs of Sukumvit and Loughburi joined that program of 70 BK students which also included two from Chiangmai and 13 from Pattani, an area in the south of Thailand which has experienced difficult situations of terrorism. The BKs from Pattani had made a lot effort to come to Bangkok for one day and one night. They were rewarded with beautiful experiences which they shared:



"I am glad that I came to meet the family, Sr La and Didi in the warm, close atmosphere",

"I feel very powerful",

"I feel happy and peaceful and understand many points more deeply",

"I feel fortunate and thankful to have participated in the program. This is worth having travelled to, really worthwhile",

"Faith makes everything easy",

"Courage ends fear" and

"Didi was an example of being a spiritual being at each moment, full of love and detached".

Sr Loom, the BK's legal consultant who is a law professor from Buriram city west of Bangkok, also came to meet Didi and the BK committees for the first time.





Sr Tim (south) and Sr Noi (north) with BK family in Nonthaburi centre, Bangkok.

In the evening Didi joined a group of mothers at BK Sr Wallapha's residence in the Mantana residential area to celebrate Mother's Day with a Q&A session on the meaning of motherly love and a picnic. Sr Wallapha's family members had rakhi tied. Sr Wallapha felt that Didi represented the Supreme Mother who sustains children to enable them to follow the Supreme Father with respect and love.

Sr Prapa shared, "I experience pure motherly sustenance through Didi Dr Nirmala during her presence at Nonthaburi centre especially during early morning meditation and classes. I was given the opportunity to be involved in the program with Didi, Sr La and many others, through which I developed faith in Baba, myself and drama to a great extent. I learnt about mercy, accuracy, punctuality and tolerance because they were reflected by Didi and I aim to become an instrument to share those with others."

On Tuesday after morning class Didi gave a class for about 30 people at one of the Gita Pathshalas (BK class locations) where there were mostly Sikh BK students. Didi also visited two shops which were planning to commence classes. On Wednesday 14 Aug after morning class at the main centre in Bangkok, Didi went again to Sukumvit to meet Indian contacts and in the evening she left for Mumbai.

