

SISTER MEERA VISITS SINGAPORE 5 JAN - 9 JAN 2024

Setting the Tone for a Powerful Year



Sister Meera's visit to Singapore 5 - 9 January was a powerful and enthusiastic start to 2024, setting the tone for an impactful year ahead. Her presence filled us with zeal and enthusiasm, inspiring everyone who attended. Meera bhen not only shared her personal journey but also guided us in setting our goals for the entire year.

Meera bhen's efforts and commitment to her own growth served as a profound source of inspiration for everyone present. Her deep understanding of the 4 subjects of Raja Yoga and willingness to share that knowledge benefitted all participants, especially those who have come recently. Through her motivating sessions, Meera bhen

empowered us to strive for excellence and apply newfound insights to our daily lives.



Sat 6 Jan

**Half-Day Retreat for
BKs with the theme
"Return Home".**



Meera bhen expounded on the idea that before returning home to the Soul World, one needs to give the return of sustenance received from Baba and also one should learn to “turn” the self, that is transform the self

Sun 7 Jan

‘Easy Meditation for Busy Lives’ – a session arranged at a contact’s residence.

Meera bhen advised the participants to be “easy” and not ‘busy’ by learning meditation. The talk was well-received and the participants felt very motivated to do the Introductory course



Mon 8 Jan

‘How to be a Trustee’ – a session for mothers was arranged so that they could understand the importance of remaining detached and loving while carrying out their responsibilities. The participants enjoyed the light-hearted exchange, the company of other mothers and also the refreshments served after the session!



'Managing Stress' – talk hosted by Sisters Omana & Prabah.

Meera bhen emphasised that there is no need to manage stress if one responds positively to challenging situations or changes in one's life. She encouraged the participants to take up meditation so that they could develop a more positive attitude.



Meera bhen's short visit was indeed a catalyst for personal and spiritual growth, leaving a lasting impact on Singapore BKs!



Om Shanti