

In This Issue

- ▶ Intense Media Coverage
- ▶ The Message Of Time In Gambia
- ▶ 7 Secrets Of Success
- ▶ From Switzerland To Senegal, Burkina Faso And Cote D'ivoire
- ▶ Retreats, Rakhi And Reaching Out In Botswana
- ▶ Carrot Cake
- ▶ Diversity In Cameroon
- ▶ Serving Those In Leadership Positions
- ▶ Foods That Fight Cancer
- ▶ Serve Africa Organigram
- ▶ Around Africa
- ▶ Words Of Wisdom
- ▶ Tickle Your Soul

ISSUE 1 | VOLUME ONE | 2009

Spirit of Africa

Intense Media Coverage

**Sis Shivani's Tour of Africa
August 2009**

Already made popular by the "Awakening with the Brahma Kumaris" TV Show on Aastha Channel, Sis Shivani's tour of Africa was hugely successful and her programmes were well attended in all the five countries she travelled to.



A common factor of her visit to Kenya, Uganda, Nigeria, Ghana and South Africa was the intense media coverage on both local TV and radio stations.



TV Shows and Interviews

- Live Breakfast Show – “Good Morning Kenya” with Kenya Broadcasting Corporation (KBC), Nairobi, Kenya
- Capital Talk on K24 TV, Nairobi, Kenya
- Live Breakfast Show with live call-ins from viewers - “The Lifestyle Show” with Nation TV, Nairobi, Kenya
- Africa Magic Plus on DSTV aired all through Africa
- Pre-recording for the “DIVAS” programme for outstanding women who are having an impact on society on KBC, Nairobi, Kenya
- TV interview on Wavah Broadcasting Service and Uganda Broadcasting Service in Kampala, Uganda
- TV interview on Metro TV, in Accra, Ghana
- TV interview on “Moments with Mo” – a popular TV chat show in Lagos, Nigeria



Audience in rapt attention during the public programme in Lagos, Nigeria

Radio Shows

- A live 2 hour question and answer session on East FM, Asian radio station in Nairobi, Kenya
- Interview on Radio France international
- Interview with Ghetto Radio – Netherlands funded community radio station in Nairobi, Kenya
- Pamoja FM – community radio station serving Nairobi’s second largest slum, Kenya
- Live radio programme on Radio Sapientia, Kampala, Uganda
- Live Talk show on Sanyou Fm in Kampala, Uganda
- Live on air interview on Great FM , Accra, Ghana

“ If I clean my mind after every hour what will happen?
Our mind will never get dirty. Our mind consists of
stains and little dirt which we never ever clean and it
goes on accumulating. ”

Sister Shivani

Print Media

- The Star Newspaper in Nairobi interviewed Sis Shivani and covered one of the public programmes in Nairobi
- Interviews by two leading newspaper in Kampala – “The New Vision and The Monitor”
- Interview with two local papers in Lagos – “The Guardian and The “Punch”

Success Highlights

Type of Programme and Venue	City	Attendance	Topic
Public Programme at Global Museum	Nairobi	650	Coping with Uncertainty
Public Programme at the Oshwal Auditorium	Nairobi	750	Facing Life's Pressures
Exclusive Talk for members of the YPO – Young President's Organization	Nairobi	30	Leadership
3 day intensive course at the Global Museum	Nairobi	65	Meditation
Public Programme at Kati Kati Restaurant	Kampala	350	Stress Free Lifestyle
3 day intensive course at the centre	Kampala	70	Meditation
Public talk at the Alisa Hotel	Accra	300	
3 day intensive course at the centre	Accra	36	Meditation
Mothers Group meeting	Accra	38	
Young Couples Meeting	Accra	28	Deep Spirituality
Public talk at a local Indian school	Lagos	350	Importance of Deep Honesty
Public Talk at Johannesburg Country Club	Johannesburg		From fear to freedom, anger to peace and sadness to joy
Public Interview at Howard College – University of Kwa Zulu Natal	Johannesburg		Maintaining Dignity in Life



“So, let's delete whatever is not deleted. This will lead to being Peaceful, Calm and Stress free.”

Sister Shivani

The Message of Time in Gambia

**Sis Lalita in Gambia
July 2009**

A trip filled with inspirations, powerful talks and classes and a subtle and direct message that time is of essence and that the call of time for all of us is to heed the message of spirituality and God

Sis Lalita's trip was an important reminder that on this path of service, sustenance, sharing moments of happiness and giving time to souls plays a big role. Meetings with old and new contacts, Brahma bhajans and classes – all effective for sharing inspirations and motivating one and all.

Highlights

- Living Values programme on Respect
- All day rakhi programme at the centre in Bangui
- Rakhi at the Kutchi Community mini temple
- Radio and TV interview

“ Something exemplary that we noticed about Sister Lalita was that she spend most of her resting time in Baba's room doing tapasya and this was quite inspiring for all of us. ”

The Gambia BK Family

SEVEN SECRETS OF SUCCESS

I found the answer in my room

The Roof said : AIM HIGH

The Fan said : BE COOL

The Clock said: EVERY MNUTE IS PRECIOUS

The Mirror said REFLECT BEFORE YOU ACT

The Window said SEE THE WORLD

The Calendar said BE UP TO DATE

The Door said PUSH HARD TO ACHIEVE YOUR GOAL



Brother Luca, Karim and Puneet with the Assistant of Deputy Mayor of Ouagadougou

From Switzerland To Senegal, Burkina Faso and Cote D'Ivoire

**Brother Luca's visit
June 2009**

Part of the vision of Serve Africa was to create a visiting faculty of souls from different countries who can spare time to serve in newly established centres. These visits always provide a big boost to the momentum of service in the centre.

Senegal

- A partnership conference hosted jointly by the Brahma Kumaris and the University of EMAD on the theme "Sharing Values" drew 150 participants (mainly educators). Brother Luca was the main guest speaker.

“ Brother Luca's presentation has touched my heart. ”

Conference President,
Senator Mr. Fadel Gaye

- Brother Luca met with 13 commercial teams at the TATA Company and spoke with them about how to maintain a balance of spirituality and business.

- Two day workshop for 30 participants was conducted for members of a fitness club. The theme was UN ESPRIT SIN DANS UN CORP SAIN. (translation please)



Burkina Faso

- Programmes for students on the themes of "Becoming Free From Influences of Others" and "How to face problems in life".
- Public programme on harmony for 30 souls
- Meetings with journalists, TV interview on Canal 3 and late night radio interview.

Cote D'Ivoire

- Press conference, Appearance on breakfast show "Matin Bonheur" and radio interview on Abidjan One.
- Talks to 200 children at an orphanage in the village of Yopougon and 98 students of Law in Abidjan.
- Public talks in Abidjan and Bassam are attended by over 65 souls

Retreats, Rakhi and Reaching Out in Botswana

24 souls went on a one day spiritual retreat with Sister Belinda and there was an opportunity to go deep and explore that left the participating souls asking for more.



Rakhi in Gaborone was a small and sweet experience. 32 people came for the Rakhi programme and the sisters from the centre tied Rakhi to the senior officials at the Indian High Commission as well as to many friends and well wishers of the BKs.

Outreach service in the community has brought very good results.

- Sister Belinda and Sister Dipty spoke to the staff of The Printing and Publishing Company on Self Management and Stress Free Living.
- Sister Dipty shared the experience of Inner Peace and Quality of life with a group of Moslem women

“ The reflection experience was a gift for Ramadan for us ”



Sister Dipty, Sister Urvashi and Sister Priya with NIIT Directors

- A Brahma Kumaris stall was part of the Aahar food fair at the Northside School. In the midst of stalls serving physical nourishment, the Brahma Kumaris stall provided information about how to take care of the soul.
- Positive Thinking and Values workshops with 150 faculty members and students from NIIT – a local education and training centre.

“ Experiences from NIIT

...I liked the positive energy brought by the talks - Srinivas Nanduri

... It made me think about simple things that we take for granted and how by just thinking differently we can change our lives.

... Time management starts with managing your thoughts if I take a minute with myself. - Kate Nkoko, Librarian

... It was really like awakening hidden things within me and being aware of these realities in life. - Priya ”





CARROT CAKE

Ingredients

2 cups grated carrots, juice squeezed out
 1 cup oil
 1/2 cup condensed milk, sweetened
 1/2 cup sugar
 1 1/3 cup plain flour
 1/2 cup mixed peel
 2 tsp cinnamon powder
 1 1/2 tsp baking powder
 1 1/3 tsp bica soda
 1/2 tsp salt
 1/2 cup mixed chopped nuts

Method

1. Beat carrot, oil, condensed milk and sugar in blender. Keep aside.
2. Mix flour and all remaining ingredients together.
3. Add cake mixture and mix well.
4. Pour mixture in 20cm/8 inch greased tin and bake at 180 C for 35 mts

Diversity in Cameroon

The centre in Cameroon has moved from Doula to Yaoundé.

- Special programme at the centre in collaboration with the Hare Krishna community
- Traditional Spiritual Master, journalists, A Buddhist teacher and businesspeople attend the monthly World Meditation Hour.
- National Radio of Cameroon and Radio Campus interview Sister Pratibha and Brother Vishnu four times.
- The "Secrets of Karma Philosophy" are explained at a lecture at the University of Yaoundé



Serving Those In Leadership Positions



Sister Pratibha chatting with Mr Anatolio Mbá, Ambassador for Equatorial Guinea to the United Nations

- The Brahma Kumaris in Burkina Faso meet the President of the Ouagadougou University
- The Brahma Kumaris meet a Master Teacher (Maitre) Aboubacar of the African religion in Abidjan
- In Senegal, the BK Family meets the Indian High Commissioner to Senegal Mr. N Parthasarathi.



Sister Lalita Meeting the Prime Minister of Guinea, Mr Alpha Kbinet Komara



Sister Belinda tying Rakhi to the Indian High Commissioner in Gaborone, Botswana

Foods That Fight Cancer

The American Cancer Institute states that about 1/3 of all cancers are related to what we eat and another 30% results from smoking. It would seem logical that if we watch what we eat and stop smoking we can substantially reduce our risk of getting cancer. Again, we know there are a number of foods that help fight cancer.

For cancer the research suggests that the following foods are appropriate and perhaps helpful to eat. As always check with your doctor and have appropriate blood work done before following any of the research suggestions from this or other sources.

- √ Brown and wild rice
- √ Whole grain breads, ideally with defatted soy flour
- √ Fat free milk (skim)
- √ Oatmeal, shredded wheat, low-no sugar added cereals
- √ Fresh fruits especially Blueberries (40% more antioxidants than the next best source which is strawberries)
- √ Green tea
- √ Red or black grapes
- √ Grape juice, 1 cup per day
- √ Grapefruit, especially pink which has 40% more beta carotene than white
- √ Calcium fortified orange juice, 2 cups per day
- √ Dried unsweetened fruits, especially apricots, dates, prunes
- √ Homemade fat-free yogurt (2 cups per day recommended)
- √ Honey from the tupelo gum tree as a substitute for sugar in cakes, cookies, breads, etc.



Some foods to consider eating more often:-

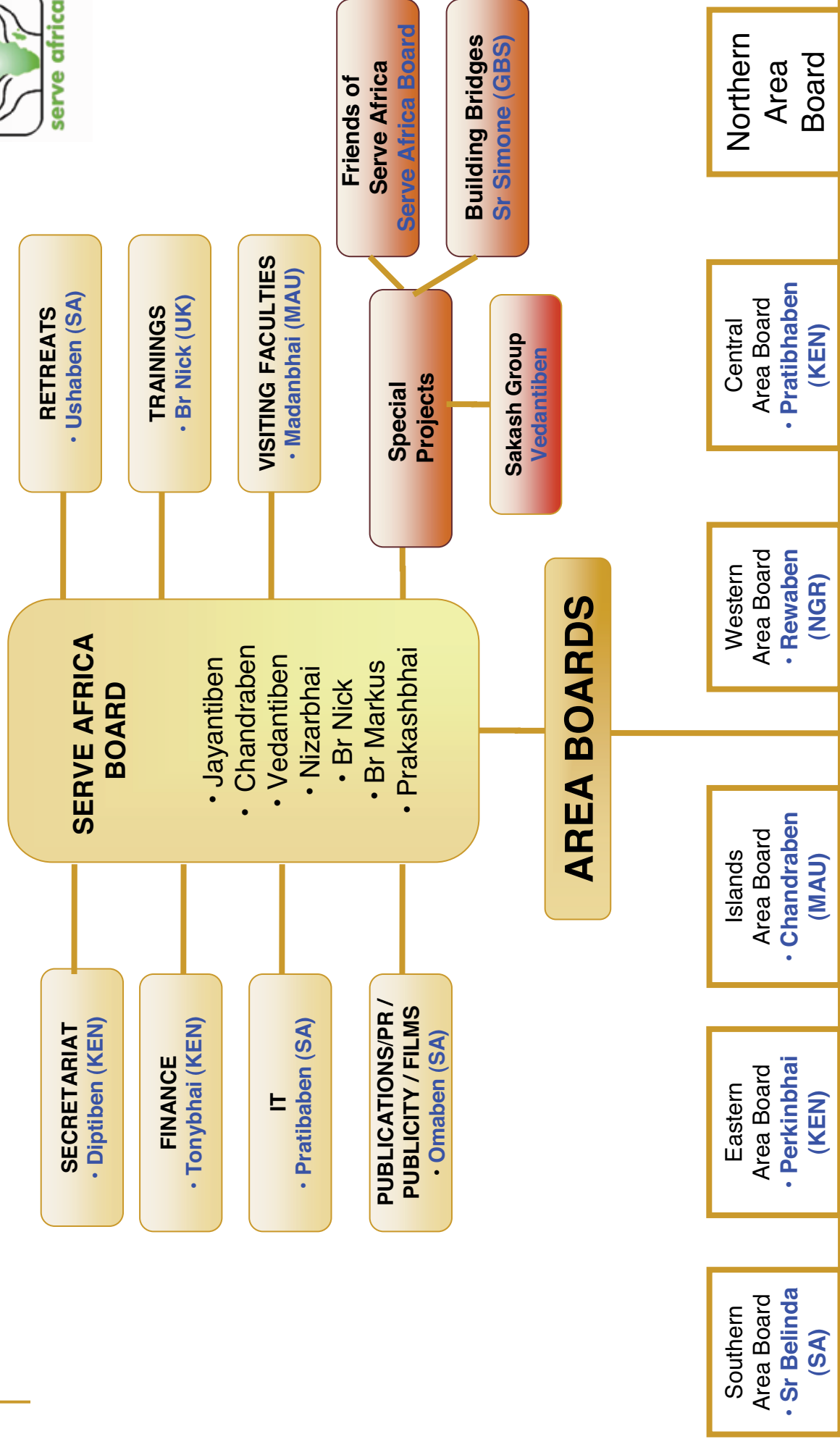
- √ Pumpkin, canned or cooked (has the highest beta carotene of all vegetables)
- √ Carrots, lightly cooked (better than raw because light cooking releases the carotenoids)
- √ Sweet potatoes
- √ Green leafy vegetables
- √ Squash
- √ Broccoli, Cabbage, Cauliflower (eat with foods that have a little canola or olive oil, it helps your body absorb the carotenoids)
- √ Broccoli sprouts (These may reduce the growth of tumors.)
- √ Mustard greens
- √ Chick peas, Kidney beans, Lentils, Soybeans (stimulates cancer preventing enzymes, can help lower harmful estrogen levels)
- √ Tomatoes, especially cooked
- √ Defatted soy flour (at least 1/3 cup per day recommended)
- √ Homemade low fat pizza
- √ Olive oil or canola oil substituted for other oils
- √ Walnuts (for the omega 3)

Foods to consider avoiding:-

- × 1%, 2% and whole milk
- × Meats with 96% fat or less
- × Red meats
- × Hydrogenated oils, such as stick margarine. Or foods that list hydrogenated oils in their ingredients
- × Food with high butter fat and other animal fats such as whole milk or creams such as cheese, full fat yogurt, butter, sauces. They feed the cancers and can interfere with carotenoids absorption
- × Deep-fried foods
- × Sugar



SERVE AFRICA ORGANIGRAM



Departments

Special Projects

Departments Coordinators

Around Africa



Students at the Bamako Centre (Mali)



Students at the centre in Lome (Togo)

Tickle Your Soul



EnlightenMeant keep your spirits up!



But Officer, it helps to meditate when I'm stuck in traffic!

CC BY NC SA PIC MICHEL 2006, SOME RIGHTS RESERVED EXPRESSEANCE.COM

Words of Wisdom

Be accepting; not rejecting. Nothing really matters that much that we need to 'reject'. The feeling that I can't do what I really want to do is the sign that there is an inner blockage somewhere. When this happens, tell God about this feeling, and you will receive a lot of strength. If you just continue to hold onto pain, then contentment and love will not work for you in your life. Holding onto pain results in an oversensitive heart. The sign of this is the feeling, 'No one understands me..' and there are 'excuses' and 'reasons'. Blaming and thinking about others is a very big mistake. This is what deceives us in our efforts for spiritual progress. Blaming and thinking about others cancels the contract we have with God of 'one step of courage brings 1000 steps of help from God'. It makes success impossible. Instead of blaming others, practice tolerance and acceptance of others, and you will feel God's blessings rushing into your heart.

Dadi Janki – Call Of Time Message

LIFE IS A GIFT,



CHRIS HAMBRECHT © EM07

THAT'S WHY WE CALL NOW THE PRESENT.

Emdoodles
www.emdoodle.com