

**Dr. Savita, Shantivan**  
**Visit to Caribbean**  
**For Rakhi Service**  
**4<sup>th</sup> Aug – 3<sup>rd</sup> Sept, 2013**

**TRINIDAD**

**5<sup>th</sup> Aug. Port Of Spain**

Women's regular programme was this time conducted by Sis Savita on the topic 'Women of Values - Culture of Peace' at 12 noon for an hour followed by Brahma Bhojan. Around 35 women had participated attentively.



On the same day in the evening, at **St. Augustine Centre** programme's topic was 'Overcoming Anger' was at 6.30 – 7.30 pm and around 40 participants were present to take benefit of the words of wisdom in order to learn the methods to overcome anger in their lives.

**6<sup>th</sup> Aug. Chaguanas centre** on topic 'Stress Management' 6.30-8.00 pm followed by questions and answers. 100 souls reached on time to attend the session presented through projector which everybody appreciated as a good medium to understand.



## VENEZUELA

**7<sup>th</sup> Aug. Caracas** there was a Rakhi programme for contact souls in University Hall. Around 100 non BKs diplomats and religious heads were got to gather. Talk was on significance of Rakhi followed by tying Rakhi to all.

**8<sup>th</sup> Aug. Caracas** Class for Brahmins in context of Raksha Bandhan followed by tying Rakhi to more than 25 Brahmins in a very powerful spiritual atmosphere.



**10<sup>th</sup> Aug. Sancristobal, Tachira** There was a programme in University hall on the topic 'Meditation as Medicine' which had become so interesting for the 150 people who had attended the programme and the spark of spirituality was lightened in their minds.



Same day evening – **In Dr. Carlos house,** where Geeta Pathshala is running with few Brahmin souls. There was a BK class with the 15 Brahmins made the atmosphere very vibrant spiritually.



**11<sup>th</sup> Aug. Sancristobal** class on Rakhi for Brahmins followed by tying Rakhi. Less than 40 were present at this place for tying Rakhi n refreshing their vow of purity.

**TV INTERVIEW** - The interview was done by a very prominent TV personality name Alfonzo Leon who deals with fengshui and tarot cards readings. His programs are being aired in the entire South American countries where Spanish is spoken. In his questions he emphasized on the conditions of the minds of the people and what we can do to change the thinking pattern of the people. Also he said that he could feel peace emanating from both the sisters and this is what he wants. The sisters tied rakhi for him and some of his staff and everyone got toli and blessings. He planned to visit the centre sometime in the future. This program will be aired on the 8th of October, 2013 in venue vision plus cable TV in all the South American countries.



## **TRINIDAD**

**14<sup>th</sup> Aug. Parliament speaker** Mr. Wed Mark was tied Rakhi in Parliament building by Sis Hemlata & Sis Savita. Rakhi message was conveyed to him. He is impressed by the task that Brahma Kumaris is carrying out for humanity and much appreciated about that.

The sisters continue to tie Rakhi to the following Ministers –

- Her Excellency Maureen Isabella Modiselle.  
High Commissioner of South Africa.
- The Honourable Wade Mark, M.P.  
Speaker for the House of Representatives.
- The Honourable Clifton De Couteau, M.P.  
Minister of National Diversity and Social Integration.
- Senator the Honourable Embau Moheni  
Minister of National Diversity and Social Integration.
- Senator the Honourable Larry Howai, M.P.  
Minister of Finance & Economy.
- Senator the Honourable Dr. Bhoendradatt Tewarie, M.P.  
Minister of Public Administration.

The following VIPs were also benefited by tying the Rakhi by Sister Savita n Sister Hemlata. They were much touched with this spiritual experience.



**15<sup>th</sup> Aug. Indian High Commission** - 8.30 am India's Independence Day celebrated at Indian High Commission in the Republic of Trinidad and Tobago. Acting High commission Mr. Amarjeet hoisted flag followed by reading of Indian President's addressing to Indians. One group sang patriotic song with the feelings from deep within their hearts.



After that both the sisters were able to get the opportunity to meet Indian High Commission's other dignitaries of India personally and fortunately got their appointments to tie Rakhi on the next day.

Next day, **16<sup>th</sup> Aug.** Sisters tied Rakhi to the India High Commission Dignitaries at 12.00 noon and moved further to the Suriname Embassy to tie Rakhi to The Suriname Ambassador with the Rakhi message.



**16<sup>th</sup> Aug. Evening**, the BK Rakhi Retreat began at 5.30 pm. **“Belong to One”**. There was a grand opening with meditation n welcoming everyone.



**17<sup>th</sup> Aug.**, The class began with a period of mediation guided by Sis Jasmine. Sister Savita joined the session at 10.30 am bringing greetings from Madhuban. The message from the senior sisters in Madhuban was: **"Do not carry old impressions of anyone- see only the good in everyone. We should all help other souls by our good wishes and pure feelings for them. Always imbibe virtues, focus on the self and in developing your own virtues. We cannot change anyone but the more we have acceptance of an individual or a situation the easier it is for us to transform."**



She then proceeded to share on the topic for the day **'A Spiritual way of Living'**. This included the following steps that should be followed by every Brahmin. They are -

- Amrit Vela meditation
- Listening to the Murli
- Being regular and punctual in the study.
- Half hour evening meditation @ 7pm.
- Giving of the chart and bedtime meditation.
- No consciousness of I and mine and surrendering everything to Baba.
- Serving with humility.
- Keeping ones highest aim with oneself at all times, that is, to transform and become like Lakshmi and Narayan.
- Preparation of food in remembrance of Baba and offering it to Baba before we eat.

The session closed with Sister Hemlata sharing her own experience on the topic.



Of course, during the day time there was karmana seva in silence of cleaning and preparing food for all the brahmins, the valuable jewels of Baba's Gems store and the future deities.



In the evening, there was a very powerful BK Rakhi programme was organised. All BKs from far n wide of Trinidad reached enthusiastically for the renewal of their bond of pure love, protection and purity.



## GUYANA and SURINAME

There was a big BK group to take the maximum benefit from Sr Savita's experiences through the spiritual vibrations through her classes.



Om Shanti