



BRAHMA KUMARIS FOUNDATION

Report of 1st World Meditation Day Program on 22nd Dec. 2024, at Harmony House, Bangsar, Kuala Lumpur

The Brahma Kumaris Foundation Malaysia hosted a remarkable World Meditation Day on 22nd December 2024 at Harmony House, Bangsar Centre. The event marked a highly successful and memorable gathering, drawing around 120 participants from diverse backgrounds.

Among the distinguished guests at the event were **His Excellency Mr. B.N. Reddy**, High Commissioner of India to Malaysia and his daughter, Dr. Vydia; **Most Reverend Julian Leow**, Archbishop of Kuala Lumpur; **Most Venerable Datuk K. Sri Dhammaratana**, Buddhist Chief High Priest of Malaysia; and **Prof. Dr. Bala Tharmalingam**, Founder President of the Malaysia Hindu Arivalayam and Dean of the Yoga University of the Americas. Key figures from the Brahma Kumaris Foundation, Malaysia, including Seniors **Didi Meera**, **Brother Pure**, **Brother Jothi**, and **Brother Peru**, were present to represent the organization



The program began with **Sister Celia** as the emcee, guiding a collective meditation to inaugurate the event and establish a calm and tranquil atmosphere.

Brother Pure, Chairman of the Brahma Kumaris Foundation, delivered a heartfelt opening speech, warmly welcoming all the distinguished guests and participants.



H.E. Mr. B.N. Reddy, the High Commissioner of India to Malaysia, addressed the gathering, expressing his appreciation for being part of such a unifying event that celebrated community diversity.

The program featured insightful talks from esteemed speakers. **Most Reverend Julian Leow**, Archbishop of Kuala Lumpur, was the first guest speaker, followed by **Most Venerable Datuk K. Sri Dhammaratana**, Buddhist Chief High Priest of Malaysia, as the second speaker. The third speaker was **Prof. Dr. Bala Tharmalingam**, PhD, Founder President of Malaysia Hindu Arivalayam and Dean of the Yoga University of the Americas.



The highlight of the event was **Didi Meera's** talk on the benefits and transformative effects of meditation. She emphasized the power of meditation, especially when practiced daily, and led the audience through a practical meditation session, filling the venue with an overwhelming sense of peace. Participants experienced the profound impact of raja yoga meditation, leaving them deeply moved by the session.



The event concluded with a gifting ceremony, a group photo session, and the distribution of blessings, toli, and goodie bags containing vegetarian refreshments, prepared with care by the dedicated sevadharis.

As participants and guests departed, they carried with them a sense of fulfillment, renewed energy, and a positive outlook, motivated to embrace a healthier lifestyle both physically and spiritually.

