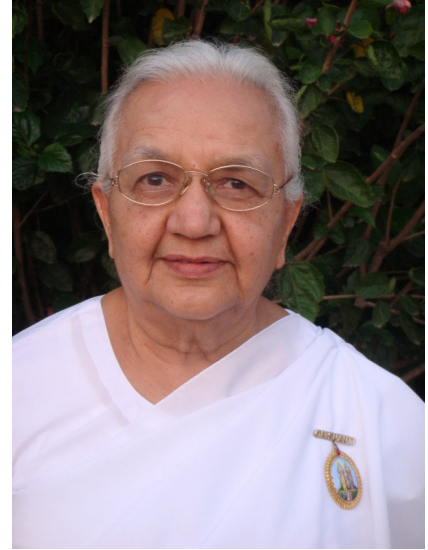


Dr Nirmala Kajaria

is the director of the Brahma Kumaris (BKs) Raja Yoga Centres in the Asia Pacific region. Her special area of interest is in the field of self-transformation, personal development and how the human being's mental process can be enhanced through an accurate method of meditation.

A medical doctor and a yogi, Dr Kajaria combines the pragmatic qualities of a doctor with the mystical understanding of Raja Yoga.

She has been practicing Raja Yoga for 46 years, since she first came across it in December 1962 in Mumbai. She continued her medical practice there for another 10 years. During this time she was also running a BK Centre from 1966 to 1971. Convinced of the practical benefits of meditation, Dr Kajaria decided to incorporate meditation into her treatments. In 1965 she established a clinic specialising in diseases common to Third World countries and discovered that her patients responded much better when their treatment was supplemented with meditation.



“The aim of my study was to help people. I could see that with medicine I could help on a limited level to cure sickness for a short time only. After a while, the patients would come back with the same problem. Medicine could help, but the main cause was psychosomatic.”

“Meditation can help us understand tension and stress and how to manage it, before it gets the better of us. Meditation helps us to learn to control our thoughts in a positive way and to adjust our mental outlook so that the mind and body can regain their proper balance. It also facilitates the development of our talents and virtues for a constructive and creative way of life.”

Eventually Dr Kajaria ceased practicing medicine in favour of meditation. In 1971 she left India for London, travelling throughout the United Kingdom, East Africa and Mauritius during the next seven years. From 1971 to 1974 she lived in London. In 1974 she lived for a few months in Africa, in Zimbabwe & Zambia, and spent 1975 to 1978 in Mauritius. After having visited Australia in 1975, she returned to live in Sydney in 1978. Since then she has been based in Australia, though her yearly lecture tours in association with Raja Yoga Centres in over 60 countries have taken her to every continent in the world.

As the administrative head of the Brahma Kumaris activities in the Asia Pacific Region, her role spans 15 countries, 72 centres, 56 subcentres and 4 retreat centres in Australia, Bangladesh, Cambodia, China, Fiji, Indonesia, Japan, Korea, Malaysia, Mongolia, New Zealand, Philippines, Singapore, Sri Lanka and Thailand.

SPEAKER

1998 TIME FOR CHANGE, TIME FOR STABILITY H.Q. Siam Commercial Bank, Bangkok, Thailand INNER HEALING, Australia and New Zealand lecture tour of 24 cities
STABILITY IN TIMES OF CRISIS, Lecture series in Thailand
LECTURE TOUR of Caribbean
FOUR FACES OF WOMAN, George Town, Guyana

1999 SECRET OF SILENCE, H.Q. Siam Commercial Bank, Bangkok, Thailand Plenary speaker THE SPIRITUALITY NEEDED FOR THE NEW MILLENIUM BAHAI CONFERENCE FOR WOMEN, Brisbane, Australia
LECTURE TOUR of South East Asia and Australia

2000 FOUR FACES OF WOMAN, Dubai

Inauguration of INTERNATIONAL CULTURE OF PEACE, Dubai

2001 HEALTH AND WELLNESS, Makati City, Manila, Philippines

2002 MEDITATION AS MEDICATION, Manila, Philippines

HEALING HEART AND SOUL, Health Department, Ministry of Public Health, Bangkok, Thailand

2003 BENEFITS OF MEDITATION, Leadership Character Development Institute, Phnom Penh, Cambodia

MANAGEMENT AND LEADERSHIP IN TIMES OF CRISIS AND SOCIAL CONFLICT Seoul

Gyeongseong (Seoul Federation of Teachers Associations), Seoul, Korea

POWER OF CONCENTRATION Dongguk University, Seoul, Korea

HEALING HEART AND SOUL Mondragon House Ballroom, Makati City, Philippines

FOUR FACES OF WOMAN, Leura, Australia

INNER HEALING, Mental Health Department, Ministry of Public Health, Bangkok, Thailand

INNER PEACE FOR WORLD PEACE, International Day of Peace, Rajvithi Hospital, Bangkok, Thailand

BENEFITS OF VEGETARIAN DIET, Seminar for Drs and Nutritionists, Institute of Nutrition, Hanoi, Vietnam

BENEFITS OF MEDITATION IN DAILY LIFE, Seminar for doctors and hospital staff, Traditional Medicine Institute, HCM City, Vietnam

MANAGING THE STRESS OF BEING A HEALTH PROFESSIONAL, Seminar for psychiatrists,

Ear, Nose & Throat Hospital, District 3, HCM City, Vietnam

STRESS MANAGEMENT, Hanoi Traditional Medicine Institute, Hanoi, Vietnam

2004 INTERFAITH GATHERING, Madrid, Spain

THE INFLUENCE OF THOUGHTS AND FEELINGS IN THE PROCESS OF HEALTH AND ILLNESS, Public Dialogue with psychiatrists, Barcelona, Spain

EMOTIONAL BALANCE AND OVERCOMING STRESS, Seminar for health professionals, Barcelona, Spain

HEALTH, WELLBEING AND QUALITY OF LIFE, General Hospital, Valencia, Spain

POSSIBLE SOLUTIONS TO PSYCHOSOMATIC ILLNESSES, Seminar for health professionals, Valencia, Spain

THE HUMANIZATION OF LEADERSHIP AND PROJECT MANAGEMENT, Seminar for managers and administration staff, Sagunto Hospital, Valencia, Spain

SPRINGS OF HEALTH, Health festival, St Petersburg, Russia

DISEASE: REASON AND CONSEQUENCE, Moscow, Russia

SUCCESS IN MISSION: SPIRITUALITY INSTEAD OF VIOLENCE Dialogue, Moscow, Russia

HEALTH AND SPIRITUALITY Panelist with specialist health professionals, Kobe, Japan

THE PEACE EXPERIENCE, Tokyo, Japan

WILL TO BE WILL, Parramatta Town Hall, Sydney, Australia

2005 SPIRITUALITY FOR MODERN TIMES, Fremantle, Australia

FREEDOM FROM FEAR, Subiaco Arts Centre, Perth, Australia

THE KEY TO SOLIDARITY, My Garden Hotel, Pattani, Thailand

2006 PEACE, RELIGION AND GOD, Colombo, Sri Lanka. Lecture tour of Sri Lanka

LECTURE TOUR of Korea: Seoul, Busan and Daegu

WORLD CONFERENCE OF RELIGIONS FOR PEACE, Delegate in Womens' Assembly, Kyoto, Japan

THE ROLE OF WOMEN IN TODAY'S CHANGING TIMES, Principal speaker Womens' conference, Labasa, Fiji

Inauguration of LIGHT A CANDLE FOR PEACE, a programme for building a culture of Peace in Thailand, in seven provinces of Thailand

MEDITATION AND INNER HEALING, Thai Privilege Health Care Co. Ltd, Bangkok, Thailand

SELF MASTERY, Cholrasdornamrung school, Chonburi province, Thailand

LANGUAGE OF THE HEART, Kampaengphet Rajabhat University, Jan Kampaengphet province, Thailand

INNER BEAUTY, HEALTHY CITY, Prince's Royal College, Chiangmai, Thailand

2007 EXPERIENCING LIBERATION IN LIFE, Seoul, Korea

Delegate, SYMPHONY OF PEACE PRAYERS, Mount Fuji Sanctuary, Tokyo, Japan THE GREATNESS OF HUMANITY, panellist at public talk, Kobe, Japan LETTING GO OF THE PAST, St Vincent's Hospital, Melbourne, Australia HEALING HEART AND SOUL, Wellington, New Zealand. Lecture tour of New Zealand

2008 INTERFAITH DIALOGUE with Buddhist monks, Wat Bo, Cambodia MEDITATION AS MEDICATION FOR THE NEW MILLENNIUM, Department of World Religions, Dhaka University, Bangladesh STRESS MANAGEMENT FOR MEDICAL PRACTITIONERS, Khaleda Zia Medical College, Dhaka, Bangladesh HEALING HEART AND SOUL for doctors, Sarowardy Hospital, Dhaka, Bangladesh INNER STRENGTH, STABILITY and COURAGE, Perth, Australia BEING A JEWEL OF CONTENTMENT, Indian Embassy, Tokyo, Japan SPIRITUALITY AND CREATIVITY, Yokohama, Japan POWER OF WOMEN, POWER OF PEACE, Government House, Pattani, Thailand **CO-ORDINATOR**

2000 CALL OF THE TIME DIALOGUE, Kuala Lumpur, Malaysia CALL OF THE TIME DIALOGUE, Melbourne, Australia

1997-2008 Annual international PEACE OF MIND RETREAT, Mt Abu, India

AWARD

2006 AUSTRALIA DAY ACHIEVEMENT AWARD for a high level of voluntary service to the community, Ashfield Municipal Council, Sydney, Australia.