

BK Meera

Director, South East Asia ,Brahma Kumaris World Spiritual University

Present Assignment :

Director, South East Asia ,Brahma Kumaris World Spiritual University.

Oversees the University's branches in Malaysia, Singapore, Thailand, Indonesia, Sri Lanka and Burma

Qualifications :

- Bachelor of Science (Chemistry), Mysore University, India
- Master of Mind-Matter Relations, Brahma Kumaris World Spiritual University, India.

Research

Continues to do intense research in the field of mind matter relations.

Specialities

Able to teach and train others to teach Raja Yoga meditation, positive thinking, self management, organisational development, the arts of life and other life skills and life long learning subjects.

Able to deliver deep and thought-provoking lectures and talks on any topic, especially those related to the mind.

Able to communicate effectively with people of all levels.

Able to present complex issues and subjects in a simple, logical and clear manner.

Experiences (International)

Toured many countries in 1986 for the International Year of Peace project "Million Minutes of Peace" to promote peace and goodwill. The project won six Peace Messenger Awards from the United Nations.

Was actively involved in organising "Global Co-operation For A Better World", the follow-up to Million Minutes of Peace project which involved getting feedback from peoples in 122 countries on the better world they would like to live in. The outpouring from the peoples of the world has been compiled into a book called "Visions of a Better World". The project was a peace messenger initiative dedicated to the United Nations and co-ordinated by the Brahma Kumaris.

Has travelled extensively to speak on themes focusing on self development skills, value based education, mastery of time and life and Raja Yoga meditation at innumerable organisations from temples to prisons, health organisations and educational institutions to rehabilitation centres.

Has participated in several radio and television programmes and given several interviews to the press and media.

Previous Posts

- 1978–1981: Regional Director, Caribbean Region. Based in Guyana
- 1981–1987: Director, Services and Studies, South East Asia
- 1987–1992: Director of Service and Studies, Australia and New Zealand