

EVENT: THE ART AND SCIENCE OF NOT THINKING  
DATE: 16TH APRIL 2016  
VENUE: ZARA'S BOUTIQUE HOTEL, KOTA KINABALU

50 participants attended The Art and Science of Not Thinking seminar held at Zara's Boutique Hotel in Kota Kinabalu, Sabah on 16th April 2016. The event was co-hosted by Dato' Dr Jessie Tang, CEO of East West One Group and Madam Eliza Goh, Managing Director of Zara's Boutique Hotel, and co-organized by Brahma Kumaris Kota Kinabalu. The occasion was also graced with the presence of prominent women leaders such as Datuk Hajjah Mariati Robert, who is the State Attorney General & Chairperson of the Sabah Women's Advisory Council (MPWS), as well as others from various professional background. The invited speaker, Mr Neville Hodgkinson, has over 30 years of experience as a newspaper journalist, specializing in health, medicine and science.

In her opening speech, Dato' Dr Jessie said that in choosing to be involved with the company's Corporate Social Responsibility (CSR) projects and initiatives, she has decided to work on causes that are personal to her, something that she cares deeply about. She hopes that the exposure from the seminar will inspire and enrich women's life especially in their choices and actions.

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# World can gain from women

**Mary Chin**  
KOTA KINABALU: The energy that women have is something that the world needs, said Medical and Science writer, journalist and mediator, Neville Hodgkinson, from the United Kingdom.

The guest speaker at the exclusive Women Seminar on the Art & Science of Not Thinking held at Zara's Boutique Hotel, here, said when making a comparison:

"While men may be more focused, women are all-embracing the feminine principle in the sense that they are kind of able to hold the wider picture and so like to be more inclusive. Women multi-tasking is an example.

"Men are more able to focus on limited goals, for example, 'I want to protect my family, my company and my country'. The men go out and do that job. Traditionally, they were warriors and the women would hold things together in the family. Women still have the homemaking tendencies, it's kind of traditional."

According to Hodgkinson, the Brahma Kumaris World Spiritual University (BKWSU) in Rajasthan, India, is run by women, at least for the top three administrative positions.

What about the men? In response, he said the men need to lose their ego while women need to become self-respecting and assertive. "The idea is by having this kind of shift in gender bias, we can achieve better balance in terms of becoming a more balanced person."

The speaker attributed the success of BKWSU to the loving nature of the leadership of those women, among other factors.

Men, he said, have these qualities too and usually, those with such qualities, will be given positions.

"However, ego-driven people won't be given leadership roles. The idea is that you should gradually lose your ego because it is a source of suffering," he added.

On claims by certain quarters that multi-tasking is not good, Hodgkinson said it depends on the nature of women's role. "Women may be made masculine or feminine. A female CEO needs some masculine characteristic."

Meanwhile, Hodgkinson called on women to do away with the habits of negativity such as criticising others or running them down.

"Discard the negative vision towards others. Men have this negative vision too. Dwelling on other people's weaknesses is unhelpful and a bad habit. It makes you feel the negativity and you can't be feeling positive at the same time. And you can't feel the connection with Divinity," he said.

President of the Brahma Kumaris Malaysia, KK Branch, Ir. Dr Muralindran Mariappan said the women seminar was organised by the organisation as a free community service.

It was co-hosted by Dato' Dr Jessie Tang and Eliza Goh (Managing Director of Zara's Boutique Hotel).

In her opening speech, Dr Tang said understanding the power of our brain and how it affects our daily lives is crucial in progressing towards our success goals in life, be it in our career or personal life.

Sharing her experience, she said: "As the CEO of my own company, I experience first-hand the powerful impact of getting in tune with my inner self in helping me to manage the enormous responsibility that is constantly pulling my focus into different directions.

"Being focused is concentrating your energy where it matters. You become more engaged with life's priorities."

Describing our mind as a powerful tool of progress, Dr Tang said a simple mind tool, when practised and honed into perfection can be life-transforming. "This is possible if we have a worthy purpose or a specific achievable goal in life, it will help us to direct all our energy, efforts and resources into a more resolute way."

Speaking to reporters after the closing ceremony, Chairperson of Sabah Women's Advisory Council (MPWS), Datuk Mariati Robert said it was refreshing to learn about some of the discoveries from the frontiers of brain science. She urged the women to put into practice what they have acquired from Hodgkinson's presentation, especially on the role of the mind in making us well or ill.

"To many of us, the Art and Science of Not Thinking is a relatively new subject. Bear in mind the value of not thinking as espoused by the speaker in that we need to take our mind off in order to be at peace with ourselves. Which means we have to go into the realm beyond matter, which is a deeper realm of joy, love and peace," she said.



Hodgkinson (seated fourth from left), flanked by Mariati (fourth from right) and Eliza, with participants of the seminar. Third from right is Dr Tang while Dr Muralindran is standing at left (middle row).

Source: Daily Express, 24 April 2016

Online reference: <http://www.dailyexpress.com.my/news.cfm?NewsID=109072>

"As the CEO of my own group of companies, I experience firsthand the powerful impact of getting in tune with my inner self in helping me manage the various responsibilities that are constantly demanding my focus and attention. Being focused is concentrating your energy where it matters most as you engage yourself in key priority areas," she added.

At the morning session, Hodgkinson deliberated the scientific discovery that supports the existence of mind, which governs the brain. The brain itself does not define us, but it is an integral tool in reaching our untapped potential. Hodgkinson furthermore demonstrated his meditation method by simply using positive words, reinforcing them deep into the subconscious mind. The participants were also invited to openly share their personal thoughts and views on any strengths or weaknesses that may have become a road or stumbling block in their own lives. In wrapping up the seminar, Hodgkinson promoted the concept of thinking less and loving more to the participants.



Source: See Hua Daily News , 5 May 2016



Photo 1: Mr Neville Hodgkinson (centre), flanked by Dato' Dr. Jessie Tang (fifth from the right), Datuk Noni J. Said (fourth from the right), and Mdm Eliza Goh (fifth from the left), Datin Dr Molly (fourth from the left) and Datin Jeanette Tambakau (third from the left)



Photo 2: Cheerful participants at the registration



Photo 3: Mr Neville with some of the participants during the break

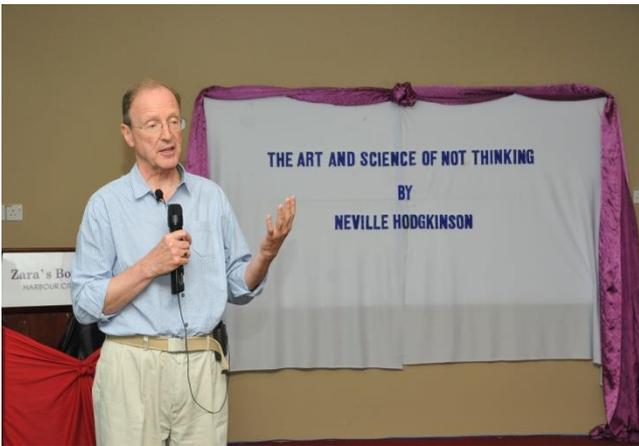


Photo 4: Guest speaker Mr Neville explaining the scientific evidence of the existence of the spiritual dimension.



Photo 5: Taking a short break during the seminar From left - Dato' Dr. Jessie Tang (CEO of East West One Group), Datin Jeannette Tambakau (Director of Jari Jari Sdn Bhd), Eliza Goh (CEO of Zara's Boutique Hotel) and Catherine Fan (Rotary Pearl)



Photo 6: Datuk Hajjah Mariati Robert, the State Attorney General & Chairperson of the Sabah Women's Advisory Council (MPWS) (third from right) and Datin Mary Wong (far right) presented a gift to Mr Neville at the end of the seminar.