Enjoy your Berita
PUDU

18th February 2013
Issue No : **28**/2012-13

Programme Today

Speaker : TBA
Subject : TBA

ON DUTY
Duty Table : Rtn. Veronique Loretta
Fellowship : Rtn. Arwin Kumar
Finemaster : PE Alex Chang
Introduce : PP Choo Jee Sam
Thanking : PP Datuk Y K Chew

Programme Next Week

Speaker : TBA
Subject : TBA

ON DUTY
Duty Table : Rtn. Chinniah
Fellowship : Rtn. Steven Ho
Finemaster : PP Dato N K Jasani
Introduce : Rtn. K A Kumar
Thanking : PP K U Rajah

Happy Birthday!

Rtn. Arwin Kumar (19th. Feb)
PP Choo Jee Sam (22nd. Feb)

Spouse's Birthday!

Nil

Happy Anniversary!

PP Kumar Tharmalingam & Ann Ranee (22nd. Feb)

FUTURE ROTARY EVENTS

Pre-PETS 2
Friday 15/3/13 –Sunday 17/3/13 @ Ampang, D'Villa Residences

District Assembly
Friday 26/4/13 –Sunday 28/4/13 @ Melawati, Grand Dorsett Hotel

DTTS – District Team Training Seminar
Sunday 19/5/13 @ Klang Central, Klang Executive Centre

THE PRESIDENT AND ALL THE MEMBERS OF THE PUDU ROTARY CLUB WOULD LIKE TO CONVEY THEIR DEEPEST CONDOLENCES TO PP KUMAR THARMALINGAM AND ANN RANEE ON THE SAD DEMISE OF THEIR BELOVED MOTHER/ MOTHER IN LAW, THE LATE PUAN. SRI POOMA THARMALINGAM ON THE 3RD. FEB. 2013. MAY HER SOUL REST IN ETERNAL PEACE.

Rotary Club Diary 18th – 27th February 2013

Date		Time	Programme	Venue
February	Mon 18	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
	Wed 20	6.30 pm	Club Admin and Service Meeting	Solaris Dutamas
	Thu 21		RC Mandaluyung 50th Anniversarty	Manila
	Fri 22		RC Mandaluyung 50th Anniversarty	Manila
	Mon 25	12.45 pm	Weekly Meeting	Hotel Sentral, Jalan Pudu
	Tue 26	6.30 pm	Installtion Meeting	Bukit Kiara Equestrian Club
	Wed 27	6.30 pm	Board Meeting	Bukit Kiara Equestrian Club

Editorial

President's Message

STRESS-related diseases have no allopathic medical cure. Current treatments basically address the symptoms caused by these stress-related diseases. Stress can cause damages at cellular level sometimes leading to uncontrollable cell multiplication – cancer.

A recent report from the Malaysian Ministry of Health states that 70% of Malaysians will suffer from at least one stress-related disease in the next 10 years.

Our emotions can kill us without us realising it. She explains it as follows:-

THOUGHTS → Feelings/Emotions → Reaction In Body
↓
ATTITUDE
(Response)
↓ ↓
STRESS ← FEAR LOVE
↓
ENERGY IMBALANCE → SICKNESS

Mdm. Oliveres shared that how the following 7 emotions affect the different parts of our body:-

1. JOY - Heart
2. FRIGHT - Heart
3. WORRY - Spleen, Heart & Liver
4. SADNESS - Lungs
5. GRIEF - Lungs
6. FEAR - Kidney
7. ANGER - Liver

She clarified that Reiki is not:-
- cult
- religion
- hypnotherapy
- massage technique
- mind control

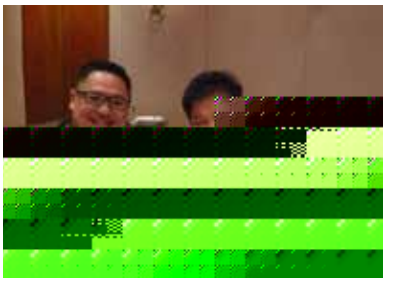
Reiki is an ancient healing technique based on the principle of harnessing the Universal Life Force Energy to balance one's life energies. Balancing the life energies, which exists within each of us, will bring health and well being.

Reiki, in the form that is practice today, was developed by Dr. Mikao Usui in Japan.

The word Reiki is made of two Japanese words - Rei which means "The Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

Each of us can learn and harness this Universal Life Force Energy and changing our attitudes to nurture ourselves. This will benefit our whole being including body, mind, emotion and spirit.

PRC WEEKLY MEETING HELD ON 4th FEBRUARY 2013



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RANT, KLGCCJENJAROM VISITE FOR CHINESE NEW YEAR...

Rotary Information

PolioPlus

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Contribute to polio eradication

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RI News

Foundation Trustee Chair's message - February 2013

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Our Core Values

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